The Valley Patriot

"Congress shall make no law..."

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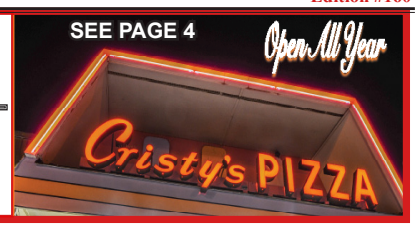


Local Veterans Honored in New Book

Heroes in Our Midst ~ From The Pages of The Valley Patriot

Each month since March of 2004, The Valley Patriot newspaper has published a front page story on the bottom half of our front page about the bravery and dedication of a local veteran called "Valley Patriot of the Month, Heroes in Our Midst" (Now Available on Amazon).

In the 13 years we have been publishing The Valley Patriot, we've built quite a collection of stories from the 134 local veterans we have featured.

These local veteran heroes are now honored and remembered in this great new book detailing how they played a part in world history, and how it changed their lives.

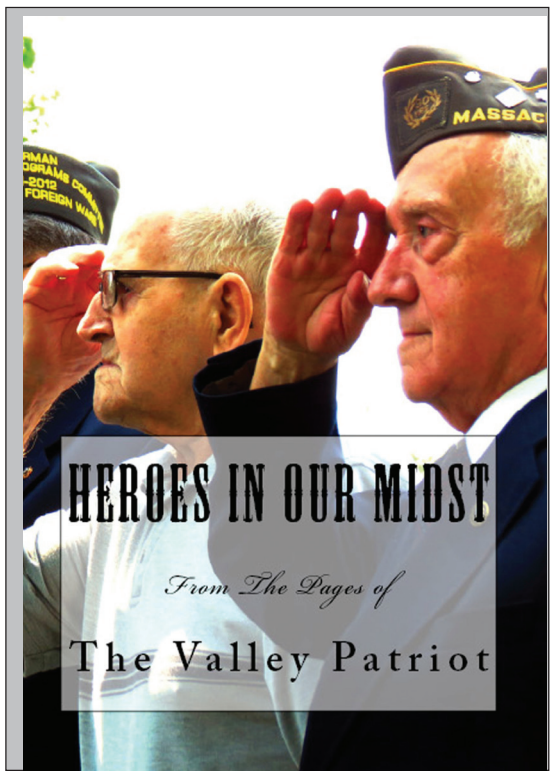
From WWII to the War on Terror, "Heroes in Our Midst" includes not only interviews and stories with local veterans, but personal photos from the men and women who were there.

Methuen State Representative Linda Dean Campbell, (herself a veteran highlighted in the book) wrote one of the two forwards for the book.

"The Valley Patriot has provided a great service to the Merrimack Valley in honoring veterans each month for the last 13 years. They have made great and successful efforts to reach out to so many veterans and their families. This compilation of all the men and women who were honored with "Valley Patriot of the Month" in one book, will be a memorable and a treasured keepsake for the veterans and their families, and a reminder to all of us the many Heroes in our Midst." ~ State Representative, Linda Dean Campbell

Massachusetts Secretary of Veterans Services Francisco Urena (also featured in the book) wrote the other forward saying,

"We owe so many of our freedoms and liberties to the sacrifices of our veterans. Combat and military service is an experience that few Americans endure. Of those who have served in the armed forces, few open up and share their memories after returning home. I am personally grateful to every veteran who has taken the time to share their experiences with The Valley Patriot for their monthly feature, "Valley Patriot of the Month, Heroes in Our Midst" over the last 13 years. Through this collection of their individual stories, let every American read about the heroism and valiant service these men and women gave to our country. They are truly Heroes in Our Midst and as you will see, they are true 'Valley Patriots'. The least we can all do in return for the brave service of our veterans is to remember their stories, their sacrifices, and experiences." ~ Francisco Urena, Massachusetts Secretary of Veterans Services



Valley Patriot of the Month

WWII Veteran Herman Leopold Bazin

Beth D'Amato
VALLEY PATRIOT HERO REPORTER

Herman Leopold Bazin was born May 10, 1925. He is a ninety-one year old WWII veteran. Born and raised in Lawrence, MA, Mr. Bazin graduated from High School in June 1943 and was drafted into the Army shortly after that in July of 1943. Bazin and his fellow draftees were sent to the Fort Devens staging area for ten days. From there Bazin and the others boarded a train to Texas where they went through basic training at Fort Hood (in 1943 it was Camp Hood) in Texas. Basic Training lasted three months. Before they were deployed overseas, they were all given a two week furlough to visit family. The soldiers were then brought to Massachusetts to the Boston MEPS (Military Entrance Processing Station). From here Bazin and the others went by train to a Naval base in Portsmouth Virginia. There was a wait of about ten days at the staging area to head overseas. During this time, the government confiscated cruise ships to accommodate the large amount of soldiers going overseas. Bazin said "a lot men were riding over the railings from being sea sick."

They landed in Liverpool, England and stayed in the open fields with tents. They marched through the south of England and boarded the amphibious craft in the staging area. These ships would deliver the soldiers and their artillery, tanks etc. to the exact point of engagement in Belgium and France. The tanks were already in the location and Mr. Bazin with the others, were dropped off near the tank area.

Mr. Bazin was an Army Tank Tech 5. In

HERO: PAGE 21

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Crazier and Crazier

Jeff Katz
VALLEY PATRIOT COLUMNIST

There are those times when you just have to shake your head, pour another cup of coffee, shake your head and then rinse and repeat. America's left wingers are absolutely apoplectic and it is nothing if not thoroughly entertaining.

Some of this nation's most delicate of flowers are still participating in their homegrown pity party. Weeping, moaning, gnashing teeth and ripping their own clothing as they mourn the election of Donald J. Trump as President of the United States. They tried desperately to stop the Trump victory, first by rigging the Democrat Party's primary contests so that Hillary Clinton was assured of the nomination. Then they activated the teams of embedded party loyalists who staff most major news organizations to take up positions to repel Trump. They've accused everyone from James Comey to Vladimir Putin of being responsible for Clinton's ignominious defeat. So what's next?

The hordes of Soros funded useful idiots have taken to the streets and college campuses. Some are wearing ridiculous hats to show their disappointment in the democratic process. Others, in an effort to remind all of us just how tolerant, diverse and inclusive they are, spend their time burning buildings on the University of California-Berkeley campus. It seems our gentle snowflakes are strong supporters of safe spaces for gay people unless the gay guy in question is a Trump supporting conservative in which case all bets are off.

To describe the anti-Trump reports as fake news is really insulting to the purveyors of respectable fake news like tabloids reporting that Elvis is not only alive but is a Martian living on a farm in Iowa. The reports describing President Trump's recent Executive Order as a "Muslim ban" are not fake; they are well orchestrated vicious lies. The simple fact is that President Trump did not ban anyone of any specific religion. His Executive Order imposed a brief reasonable delay so that we could get a handle on people trying to enter our sovereign nation.

Please note that in 2015 then President Barack Obama signed the Visa Waiver Program Improvement and Terrorist Travel Protection Act. This law, passionately supported by Senate Democrats, imposed some restrictions on people trying to enter the United States from Iran, Iraq, Syria and Sudan. Then in February 2016 President Obama added Libya, Somalia and Yemen to the list. If those nations sound familiar it's because they are exactly the same countries covered by President Trump's Executive Order.

To be perfectly blunt, if you want to accuse President Trump of something negative you could claim that he was lazy in issuing this Executive Order. Why? Because all it does is direct the Federal government to enforce a 2015 law signed by President Obama. Nothing more, nothing less. So maybe we can get some folks massing for a march wearing sloth hats soon.

Jeff Katz is a former police officer who has twice been named Best Talk Show Host by the Associated Press. You can listen to him on iHeart Radio!

"WEATHER 101" WITH AL!

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

With February now here we have one month to go for meteorological winter. January was a mild month with many days having high temperatures running above normal. The month finished with Boston just over six degrees above normal for January 2017.

Manchester New Hampshire also saw a mild January with high temperatures running above normal. The month finished with Manchester around 7.6 degrees above normal for January 2017. Why such a warm January? One reason was the upper level high pressure system off the southeast U.S. coast. This upper level high pressure was strong enough to push the jet stream to our north.

This caused our region to be on the south side which is the warm side of the jet stream. Even though it was a mild January, some areas in New England got snow and sleet during the month. There was a pretty intense coastal storm on January 23rd into the 24th which produced strong damaging winds along the coast with heavy rains. The strong winds caused some power outages due to down trees and power lines.

Cape Cod saw over three inches of rain from this storm. Farther inland a combination of snow and sleet occurred with this storm making for very treacherous travel conditions. With ocean temperatures running warmer than normal, this was a major ingredient in the storm becoming intense.

Now that February is here we can still continue to get powerful coastal storms. Remember, the Blizzard of 1978 occurred in February. How many powerful coastal storms we get this month will depend on the jet stream and how much phasing occurs with the northern and southern branches of the jet stream. If a lot of the storms have the jet streams phasing, we will see an active month. There is no block (high pressure in the north/northwest Atlantic) to slow the storms down causing them to intensify near the east coast.

With no block, the jet stream stays progressive and this makes it difficult for the two jet streams to phase. Storms can still intensify with this progressive upper level flow, however, they intensify too far away from us out in the ocean. This pattern looks to be with us as we start the month of February. It may not be with us the whole month, as blocking high pressure in the North Atlantic can form in February giving us an intense coastal storms and even blizzard. A blizzard occurs when the visibility is a quarter of a mile or less for three or more consecutive hours, also when sustained or winds gusts of 35 miles per hour or greater for at least 3 hours occurs.

During a blizzard with very low visibilities, this can make driving and walking dangerous. The best advice during a blizzard is to stay inside your home and be safe. If walking outside during a blizzard, you can become disorientated and become lost because of the very low visibilities. During the Blizzard of 1978 the intense storm stalled in the Atlantic and this caused it to snow for two plus days. The long duration of falling snow caused very high accumulations of snow.

Time will tell if we see any blizzards this month but it is highly possible if atmospheric conditions are just right. Next month we will examine the weather from February and take a look at what March can bring weather-wise.

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Cut All Funding for Lawrence, The Sanctuary City

As a municipality, the City of Lawrence does not collect enough in local property taxes to pay for even half the cost of fire, police, schools, and other essential services.

As such, Lawrence gets millions of dollars every year from the state and federal government. In the past 30 years, billions of taxpayer's dollars have been pumped into Lawrence for everything from basic services to dancing contests.

How has this worked out?

Certainly, Lawrence is worse off today than it was 30 years ago. The billions "invested" in Lawrence's city government have done nothing to make the lives better for the people who live there. Lawrence is more dangerous, the schools are in receivership, and unemployment is much higher.

Being dependent upon state and federal funding, you might think Lawrence officials would be eager to keep that money flowing so that Lawrence doesn't get any worse.

To the contrary, the Lawrence City Council has declared Lawrence a "sanctuary city" meaning that when Lawrence Police arrest an illegal alien who is a child molester, rapist, wife beater, murderer, or drug dealer, the Lawrence cops cannot notify immigration to have them deported.

Lawrence officials have proven once again that they care less about the lives of American citizens (and Lawrence residents), than they do the criminals who are citizens of other governments.

Even in the face of possibly losing the millions in federal dollars that Lawrence needs to function, city officials remain dedicated to siding with criminals who victimize the streets of their very city.

We say it's time Lawrence and other sanctuary cities start respecting the laws of this nation, or their federal funding should be completely cut off.

There is no excuse for any city to offer sanctuary to wife beaters, killers, rapists, drug dealers, and child molesters.

Any official who puts the needs of a violent criminal above the safety of the very people who elected them are by definition, traitors who do not deserve to hold public office.

If the officials in Lawrence and other sanctuary cities really want to "make a stand" against what they laughingly call "racism" they should put their money where their mouth is ... or to be more accurate ... they should do without money from the federal government and see if other countries want to send them a check to pay for schools, police, fire, and sewer services.

Letter From Boxford Administrator On Police Story

To the Editor:

I write in response to the front page article in the January 2017 edition of the Valley Patriot entitled "Boxford PD Blues." In lieu of dismissing the accusations in that article as unsubstantiated rumor and innuendo of a disgruntled aggrieved individual, I chose to review each and every incident mentioned in the article. I also sought internal and outside third party professional assistance and advice regarding police procedures and proper personnel discipline.

The Boxford Board of Selectmen is proud of its law enforcement personnel. These dedicated men and women are at times placed in highly complex and dangerous situations – not only when faced with violent confrontations, but also when responding to volatile domestic and psychological distress calls. Police Officers approach every situation with responses drawn from their extensive training, their occupational experience and their personal common sense and intelligence. Every Boxford employee is responsible and held accountable for his/her actions while on duty for the Town. And any individual, at whatever age or position in their career path, has the opportunity and obligation to constantly learn and refine their occupational skills.

The Administration's review has determined that the officers' and supervisors' actions – from probationary officer to Chief of Police - in every incident mentioned, has been determined to either 1) have been in full compliance with department rules and regulations and expected behavior, or 2) the appropriate counselling and discipline has ensued for any individual officer's improper job performance. In some cases, lessons learned from incidents resulted in valuable practical improvements to the department's procedures. Throughout the year long transition to its new Chief, the Boxford Police Department committed itself to be a professional, highly effective and responsive police force.

In today's environment, law enforcement personnel face challenges as never before. There are few other professions for which the reality of glaring public scrutiny is coupled with a demand for perfection in job performance. Boxford is honored to provide the tools, training and support for its public safety employees. I am humbled by their service and pleased to report that Boxford Police Department is in good hands with its new Chief, James Riter. I look forward to working with him for many years to come.

Alan J. Benson, Town Administrator

NEXT MONTH WE WILL CONTINUE WITH OUR SERIES ON BOXFORD

Letter from Sweden

I am a lifelong liberal independent U.S. citizen living overseas and I am dismayed by the enormous amount of liberal propaganda from mainstream media.

I read your article about media bias against Trump and agree ... the major news outlets don't feel obligated to actually read and interpret statements as you have done. Congratulations. The attack on Trump has turned me from supporting the establishment media and Democratic Party in elections. It puts me in an odd situation, being a liberal, sympathetic to the conservative victim of media propaganda. As I know you are aware, PEW published a report recently that showed major media is from 50% opinion to 85% opinion (MSNBC), regardless of the facts.

To me being a liberal includes being open minded and giving all people a chance. You have done that. Kudos.

I hope you continue to seek the truth and shout it out. The truth shall set you free.

Best Regards, Wayne Wilmot, Stockholm, Sweden.

Courage is Needed in These Times

In spite of everything I still believe that people are really good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery, and death. I see the world gradually being turned into a wilderness, I hear the ever approaching thunder, which will destroy us too, I can feel the sufferings of millions and yet, if I look into the heavens, I think that it will all come right, that this cruelty too will end, and that peace and tranquility will return again.

I didn't write that. Anne Frank did. And it brings to mind that the persecution of people takes different forms throughout history but since the dawn of time has always been rooted in hatred.

The United States of America, that last bastion of tranquility and beacon of hope remains so despite the dereliction of its leader who temporarily occupies its highest office. With a pen as his instrument of destruction he has attempted to slash endowed words in our founding documents but ultimately to now avail.

Those words were ordained by enlightened men guided by God and mere pen strokes cannot reverse the miracle of this nation that they borne. And so we shall now endure a temporary period of darkness. Restricting those who have earned the right to secure freedom by imposing barriers to entry based on religion and ethnicity is an anathema.

The misguided who subscribe to this notion will defend it by enshrouding it in patriotism. But the reality is they uphold those restrictions as a measure to hold back their fears. Fear is oftentimes, deeply rooted in ignorance.

It remains the obligation of our citizens to remain vigilant and courageous. No republic imbued with principles of civility, fairness, inclusion and respect for the rule of law can exist without the courage of the masses. If we lose our nerve now tyranny will win. And that is because instead of it being transferred from abroad, we grow it from within.

Joe D'Amore writes from Groveland

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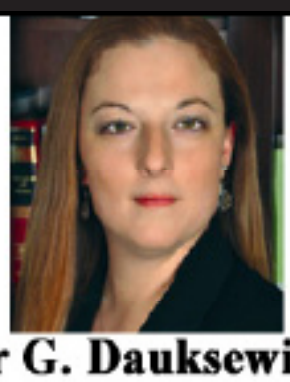

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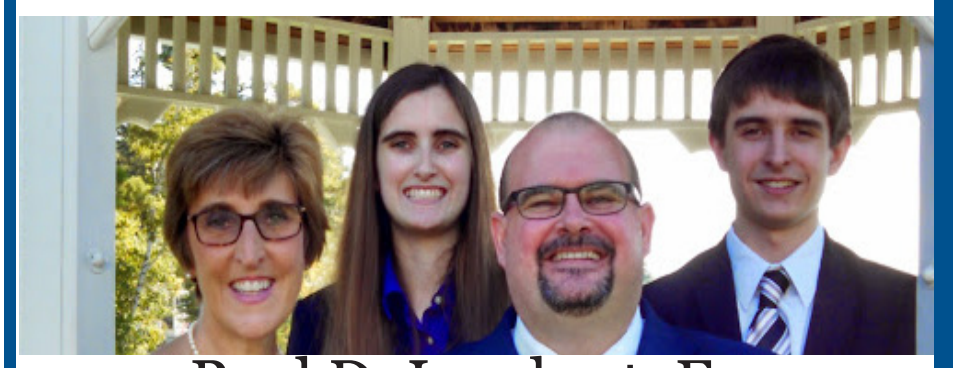

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Police Officers, Firefighters of the Year

Each year the Lawrence Exchange Club bestows their highest public safety awards to Police Officers, Firefighters and EMTs in Andover, Lawrence, and North Andover.

Last month, The Exchange Club held their annual award dinner at the Double Tree Hotel in Andover. These are the winners and their stories.

NORTH ANDOVER
FIREFIGHTER OF THE YEAR

Fire Chief William A. McCarthy explained why Matthew Davis received the award.

"The North Andover Fire Department selection for the 2017 Firefighter of the Year is Matthew Davis. Matt has been with the department since February 3, 2003. Matt is very involved in both the department and the community since becoming a member of the department.

Matt began the North Andover Firefighter's Holiday Toy Drive seven years ago in 2009. The drive has provided for over 200 local families which include families from North Andover Veteran's Services and Department of Social Services in Lawrence, Methuen and Lowell.

In 2012 he started the "NAFD Fight for a Cure" for breast cancer. The fund has raised over $750 to date and is donated to Lowell General Hospital Cancer Center where his sister Meghan was treated in 2009. The North Andover Firefighters now wear the pink shirts on duty during the month of October.

He has worked with the North Andover Firefighter's Local 2035 scholarship committee since it began in 2009. Matt took over as head of the committee in 2016. The committee has provided dozens of scholarships since 2009 to local students looking to continue their study in Fire Science, Nursing or the medical field.

Matt is the head of the North Andover Fire Department Honor Guard, since 2007. He was able to acquire a donation in excess of $7,000 in 2015 to pay for 8 new custom honor guard uniforms and equipment. The honor guard has presented colors at many local events including Lowell Spinners, UMASS Lowell hockey and the Boston Red Sox. More importantly, Matt makes sure that all retired N. A. firefighters' wakes and funerals are covered with the honor guard.

Since 2010, Matt has put together the annual 9-11-01 Ceremony for the town, which is attended by citizens, veterans, town officials, and members of both the NAFD and NAPD.

Finally, Matt is the department's Life Safety Educator. Matt is responsible for public education in the schools through the Department of Fire Services Student Awareness of Fire Education (SAFE), and the Senior SAFE program for the elderly citizens. Matt organizes both the annual fire prevention open house and coordinates with the NAPD for "National Night Out" event.

Firefighter Davis is an extraordinary firefighter and human being. He has been a dedicated member of the North Andover Fire Department since he began his career with us. It is my honor to nominate Matt Davis as the 2017 Firefighter of the Year representing the North Andover Fire Department and the community of North Andover."

NORTH ANDOVER POLICE
OFFICERS OF THE YEAR

North Andover Police Chief Charles Gray explained why Lt. Dan Lanen, and Officers Dan Quinlan, Robert Hillner, Jarrad Lawler and Detective Michael Reardon won Police Officers of the Year.

"It is with great pride that I announce the 2016 North Andover Police Department Officers of the year, Lt. Daniel Lanen, Officer Daniel Quinlan, Officer Robert Hillner, Officer Jarrad Lawlor, Detective Michael Reardon, and Detective Matthew Zahoruiko for their actions on December 21, 2016. On that day Detectives Reardon and Zahoruiko were observing a suspicious subject in a vehicle on Mass Ave. Upon approaching and engaging the subject both detectives observed items in plain view that suggested the subject was involved in illegal narcotic activity. Upon further investigation, the subject rolled up the window and put the vehicle in drive and attempted to flee from the detectives. Detective Zahoruiko was nearly run over as the subject fled out of the parking lot while Detective Reardon jumped out of the way. Officer Quinlan was in the immediate vicinity and began to canvass for the suspect vehicle. Officer Quinlan quickly located the vehicle and a pursuit was initiated which led onto the onramp to route 495 North where Officer Lawlor joined in. Officer Hillner and Lt. Lanen were on Sutton Street onramp to 495 North and as Officer Quinlan called out the pursuit, Officer Hillner, Officer Lawlor and Lt. Lanen began a rolling road block. The subject repeatedly tried to evade capture by aggressive driving and clearly had no intentions of stopping. As the pursuit continued, Officers were able to successfully stop the vehicle on the lower deck of 495 right before the split onto Commonwealth Drive. Lt. Lanen, Officer Hillner, and Officer Quinlan and Officer Lawlor drew their weapons and after a brief struggle, placed the subject in custody. At the scene, Detectives Reardon and Zahoruiko located a significant amount of narcotics inside the vehicle. The actions of these officers resulted in no injuries to officers or the public, narcotics being taken off the street, and the arrest of a potentially violent offender who had no regard for the officers' safety or the safety of the public as clearly evident by his actions. Please join me in congratulating these officers on a job well done."

ANDOVER FIREFIGHTERS
OF THE YEAR

On January 23, 2016 at 12:15, Andover 911 Telecommunications received several calls for the report of multiple people through the ice on Field's Pond off Harold Parker Road. It was overcast with an ambient temperature of 21 degrees with a constant wind speed of 24 mph and gusting to 30 mph out of the north north-east creating a wind chill factor of 4 degrees.

The ice on all static bodies of water throughout the Merrimack Valley was not safe due to the fluctuation in temperatures throughout the winter season creating severe risk to those on the ice and a greater risk to those who may be called to perform rescues of those who have fallen through the ice.

Engines 1, 2, Marine 1, 2, Ladder 1, and Car 1 (The Deputy Chief) and an ALS intercept unit were dispatched to the area of 32 Harold Parker Road. At 1:23pm Deputy Chief Al DelDotto arrived in Car 2, immediately established command, as he observed a group of people on the ice of Field's Pond, approximately 800 feet off shore from Harold Parker Road where he was staged.

On the arrival of Engine 1 (also at 1:24pm) Lt. Stabile and Firefighter Ferris, who had already donned cold weather rescue suits and safety ropes, began to walk on the ice with Deputy DelDotto towards a group without regard for safety. The safety ropes fastened to the two rescuers were being tended by two additional firefighters who wore firefighting protective clothing and personal floatation devices who accompanied the two rescuers on the ice. While approaching the hole in the ice approximately 700 feet from shore, the rescuers saw two people in the water hanging on to the broken ice around the hole, clinging for their lives.

As this occurred, Andover Police personnel were escorting a victim to the shoreline to an awaiting ambulance who had been able to extricate himself from the frigid water. The IC knew at this point that the distances from the shore to the victims in the water were going to require high risk techniques to safely remove the two remaining victims before they succumbed to hypothermia. The IC ordered the fire personnel to stage approximately 100 feet from the open water area and affect the rescue from an area of "safe ice".

The IC ordered another incoming crew to inflate and deploy a rapid deployment water craft to assist in the removal of both victims if necessary.

One rescuer was initially sent out to the water. He entered the water and swam to the victim (who had his back towards the rescuers staged on the ice) furthest away from the rescue operation. The rescuer made physical contact with the victim after working his way through the broken ice along the way, and attached a tether line around the victim.

This maneuver was difficult to perform as the victim could not physically assist the rescuer in this effort due to hypothermia and physical exhaustion due to the length of time spent in the water

EXCHANGE: PAGE 21

Methuen Taxpayers Deserve More Accountability From City Officials

DJ Deeb
METHUEN SCHOOL COMMITTEE

Methuen Public Schools are continuing to move forward and we have much to be proud of, but I am also disappointed to report that I do not believe that all of our tax dollars are being spent wisely and I believe that some Methuen city officials are being negligent in their oversight of these tax dollars.

At its November 14th business meeting, members of the Methuen school committee voted to approve the posting of two new part-time positions for the Methuen Public Schools based on the recommendation of the Mayor, a Medicaid Billing Assistant and an MHS Auditorium Manager.

These positions are renewable each year and the purpose is to bring in revenue and Medicaid reimbursements to the city. Although these goals are well-intentioned, I voted against the creation of these additional positions because I feel that given the city's budget situation there should be a hiring freeze on all new positions. There are people in place that clearly and should be performing these tasks efficiently already. It is unfair to ask the taxpayers to front additional costs for these positions even though they are supposed to bring in more revenue to the city than the cost of their salaries.

At the January 9th school committee meeting I voted against awarding a bid on snow-plowing and snow removal services. The reason for this is that a majority of school board members voted against my substitute motion to go out to bid. Kudos to School Committee member Jana DiNatale for having the courage of her convictions and doing the right thing by voting to support my motion to send this contract out to bid. Unfortunately, our Motion failed 5-2. At the meeting, Mayor Steven Zanni admitted that the snow plowing and removal contract for the city and the schools has not gone out to bid for 5 years. The reason: snow plowing and removal is exempt from state bid law requirements under MGL Chapter 30B. This does not mean however that we cannot go out to bid. The current contractor is Frank Delucia & Son, Inc. from Plaistow, New Hampshire. Mayor Zanni maintains that this contractor was the lowest 5 years ago. Although rates did not increase this year, Methuen taxpayers are paying between $57.00-$117.00 per hour based on equipment for snow removal. I think this contractor does a decent job and he may still be the lowest, but we owe it to the taxpayers to make sure.

The majority of the Methuen school committee should not just rubber stamp what the mayor and city hall recommends. The Methuen city council should also demand that the city send this out to bid. Methuen taxpayers deserve better and they deserve to know if they are getting the best deal they can for the city. I will certainly remember this irresponsible behavior come budget time this spring.

On a more positive note, congratulations to the 116 students at Methuen High School who now qualify for tuition assistance at a state college or university for their exceptional performance on the MCAS test. This constitutes nearly 25% of the graduating class at MHS and we are all proud of these students!

With the winter season upon us, it should be noted that the decision to close school and/or institute delayed openings rests with Superintendent Judy Scannell. All delayed opening and cancellation messages are sent out through ConnectEd phone calls to parents and staff as well as carried on major television and radio stations, including WCCM, the Methuen School Channel (Channel 99 for Comcast and Channel 31 for Verizon), and on the Methuen Public Schools website.

Remember your influence counts. Use it.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/ Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. Deeb also serves as Social Studies Department Chair at Notre Dame High School in Lawrence, Massachusetts. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

House Members Under Tight Deadlines to File Legislation for New Session

Linda Dean Campbell
STATE REP. METHUEN, HAVERHILL

The deadline for filing and co-sponsoring legislation guaranteed to receive a public hearing occurs a few weeks after the session starts. While we shall file additional more complex bills later, here are those that I have filed before the deadline:

Recreational Marijuana (HD1494).

• Changes the composition of the Marijuana Advisory Board to include additional members with expertise in substance abuse; mental health; and municipal affairs. It also adds representatives designated by both the legislature and law enforcement community;

• Bans individuals regulating the marijuana industry from receiving any income from that industry;

• Prohibits individuals in the marijuana industry from contributing to public officials holders that have influence over decisions made about the industry;

Police Training (HD3570). Ensures that every community in Massachusetts has a police officer trained and available to interact with individuals presenting significant mental and behavioral health crises;

Washing Machines for Fire Departments (HD3547). Establishes a grant program and municipal bulk purchasing program to assist municipal fire departments in purchasing industrial washing machines. This is a very important cancer prevention method for firefighters;

Lung cancer screening for Firefighters (HD3561). Mandates screening and insurance coverage for lung cancer screening for firefighters who have disproportionally high incidents of lung cancer;

Reporting Drug overdose deaths (HD2572). This bill requires that drug overdose fatalities be reported to local police departments and to the Department of Public Health quickly to facilitate more effective targeting of narcotics trafficking;

School buses and Public Safety

(HD2254). Authorizes local jurisdictions to operate digital video installed on the outside of school buses for the purpose of detecting and enforcing violations against the owner of a motor vehicle whose vehicle fails to stop for a school bus when required to do so;

Preventing abuse against persons with intellectual disability or developmental disability (HD1493). Creates a registry for caretakers that are found guilty to have committed crimes of abuse or financial exploitation against individuals with disabilities;

Civics Education in Public Schools (HD2189). This legislation would create a flexible civics requirement for K-12 schools in MA requiring that children complete no less than two civics based

CAMPBELL: PAGE 9

Signs of Hope from "Belvidere" Residents for a Cawley Stadium High School

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

Is the new Facebook public group called "New High School at Cawley Stadium" a sign that there are cracks in the Belvidere "Clark Road branch" foundation? Is there a small ground swell of resistance or is this the little boy sticking his finger in the dyke? To be honest, I'm not sure. Very small pockets of Belvidere residents are starting to publicly speak out against both a new high school being built downtown and some are even in favor of a Cawley Stadium High School.

Not all residents of Belvidere and especially the high society branch of Belvidere feel the same way. Steve Gendron, Lowell School Committee member and resident of Clark Road has publicly objected to a new high school being built in Belvidere. Sighting everything from disrupting the neighborhood to even using his influence to get the Lowell City Council to explore sites other than a Belvidere location. Now I do like Steve Gendron and I understand his concerns, because your home is your castle. So… now I'll be accused of having "Irish Alzheimer's" and forgetting everything, but the grudges… However, when Steve Gendron served on the Planning Board and I had issues with Lowell Catholic High School in my neighborhood at the time, Steve told us that we the "neighborhood residents" needed to learn how to get along with Lowell Catholic High School. He said that it's a city and these things will occur and that we needed to work together. Well Steve… what's good for the goose is good for the gander. Find a way to work with a new high school up the street from your home. Get on board and do what's good for the entire city, not just your own back yard.

I encourage all the readers of this article to log onto Facebook and check out the "New High School at Cawley Stadium". The page is filled with opinions, plans, renditions and opposing viewpoints. What's best about the page is that it's for the most part a respectful discussion. Now many Belvidere residents are starting to publicly share their support for a new high school location in Belvidere. As I write this column, the member count is well over 800 people. Now this has literally happened overnight and it warms my heart to see such civic engagement and sincere concern for what will be the most expensive project to the taxpayer in Lowell's history.

Now the residents of Belvidere need to engage with the rest of the city. Prove that you do have the concerns for the entire city at heart. It's my opinion that the city will be best served if we build a brand new "campus" at the Cawley Stadium location in Belvidere. My opinion will not always be appreciated, nor do I proclaim to have all the answers. But remember this… the Commonwealth will pay almost 70% of the project. All taxpayers in Massachusetts have skin in the game. Let's make sure as Lowell residents that we respect the taxpayers' money and invest wisely. We can't go back to the well in 20 years, because we made a bad decision in a place where we can't expand (yes, the downtown). We need to think of the future, not just our own self-interest.

John A. MacDonald is president and CEO of Big Decisions LLC, is an author and former radio host.

Moksha Spa Celebrates 10 Years in Methuen

In the City of Methuen a much needed spa for stressed out, overworked and spa shy individuals and executives to relax and recover from daily routine. She finally decided to open one despite of not being in a very urban location but convenient and busy Merrimack Street in Methuen.

It was a struggle in the beginning to attract many Methuen residents to visit an upscale eclectic

world class spa and wellness center during recession of 2008. It was difficult to spare money for luxury, although that was very much needed during the stressful time for many.

Jodi Chatterjee, the owner of Moksha Spa and wellness center, themed the spa "A retreat from Reality" and decided to purchase an old elementary school building called Sargent school from the City of Methuen in 2006 along with her husband, a well-known cardiologist. She was trained and licensed from Catherine Hines School of Esthetics. The building needed lots of renovation and had no finished second floor. She decided to take the second floor and turn this jewel box into a sanctuary, starting from gutting ,designing layout, decorating and creating a beautiful peaceful paradise boasting 5000 sq. ft. space with 4 massage rooms, two facial rooms, body wrap room, waxing and make up room , a private couple's room, with steam room body showers and charming French soak, all part of their couple's day at the spa. There is a large waiting area with very relaxing décor connected to an eastern themed relaxation lounge boasting a charming wall waterfall. A large room was dedicated to a boutique where she had custom jewelry from all over the world and unique items like decorated candles with jewels, silk scarfs and bed spreads from India.

After receiving a master in English she worked with her husband for several years managing his vast practice in North Andover and then in Methuen. She decided to follow her heart to create something she enjoys deeply - a place for beauty and wellness for mind and body for men and women. She enrolled into esthetic school training in 2005 in Catherine Hines School of Esthetics in Woburn and received a master estheticians training and state license, then immediately created Moksha a safe haven for tired and overworked or just for anyone looking for a place they feel welcome and not a part of a herd. She grew up in a household where natural medicine for cure was only practiced. Her father was a doctor of natural medicine; she always wanted to follow his path and teachings of her father in natural remedies for cure and wellness as whole. She adopted and got trained for yoga and meditation which she incorporated into her wellness program and opened a yoga center adjacent to her spa beautifully

SPA: PAGE 12

Akamai Uses Tax Breaks to Hire H1B Foreign Workers

Duncan Burns
VALLEY PATRIOT CONTRIBUTOR

Now that The Presidential Election is over, and Donald Trump has since been elected President, the controversies surrounding his platform while he was running continue to follow him into his Administration.

Aside from the circus surrounding President Trump's cabinet confirmation hearings, President Trump has started, as he promised, to hit the ground running, especially in regard to immigration reform, border control, and the protection of the American worker. The last point is what some here at The Valley Patriot believe is one of the primary reasons Donald Trump now sits in The Oval Office.

Many working class Americans believed they were simply abandoned by the Democratic Party, and in many cases, especially with the multi-year decline in private union membership, these left out workers have a strong argument and appear to have voted as such.

President Trump has recently turned his eye to another sector where Americans are losing ground, H-1B Visa Workers. Those are citizens of other countries who come to the U.S. to get work that included right here in Massachusetts, and as previously pointed out last year by The Valley Patriot, right here in The Merrimack Valley.

Massachusetts is responsible for hiring over seventeen-thousand H-1B's from 2016 to February 1st 2017. That's over 26% of bachelor degree level jobs, or if we add the master's degree, 20K limits, 20% of the total allowed H-1B Visas per year here just in Massachusetts.

These jobs of course are filled by H-1Bs when an employer cannot find an American to do these jobs, which typically fall in the high technology industry such as software and computing engineering, and they are filled overwhelmingly by outsourcing firms from India. Looking at the long-term employment levels of American bachelor degree holders, someone needs to at least help stop the bleeding, especially since there are, in fact Americans that can and will do these jobs.

It appears there's at least one Democrat who is listening to her constituents, California's Representative Zoe Lofgren has submitted a Bill called: "High-Skilled Integrity and Fairness Act of 2017."

This bill not only tackles employers H-1B abuse, but a bill that has garnered support of President Trump, and would assure employers hire Americans first.

How?

By raising the cap exemption that employers have to pay H-1B Visa workers to $130,000.00, making it uneconomical to go outside our shores and import cheaper labor which employers enjoy now.

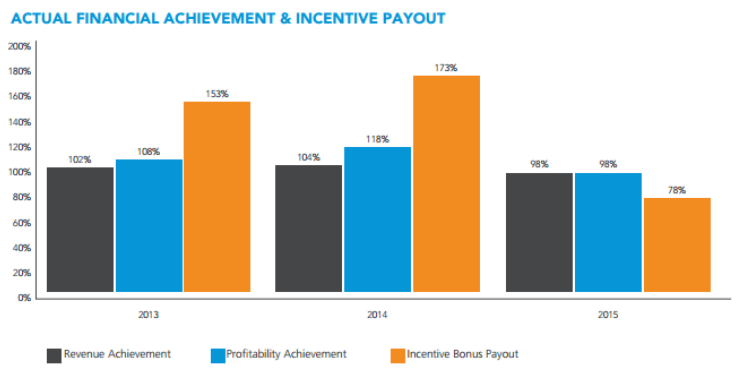
It's too early to say what the final bill will look like, but it's a start, and will give American workers hope, both young and old, that their expertise and talents will be needed again, or for the first time, over that of foreign and cheaper labor.

Meanwhile, Massachusetts Legislators have continued to give handouts to employers of H-1B abusers, and are silent when it comes to the abuse of areas of non-technical jobs being filled by H-1B Visa workers.

One such example is Akamai Technologies, who last year received a $700K tax incentive to consolidate and move to new offices in Cambridge.

As part of the incentive, Akamai Technologies is supposed to create more jobs, but based on their near 300 H-1B Visa workers, (which makes up over 16% of their workforce here in Massachusetts), skilled American workers apparently are in short supply. Meanwhile, software tech giants like IBM have fired Americans by the thousands, especially older workers, which begs the question: "Did Akamai Technologies really look in our own backyard for talent?"

The following graph shows how we performed against revenue and profit targets on a percentage basis and the resulting bonus payout as a percentage of the target bonus (aggregated for all Named Executive Officers). Because revenue and profitability were at levels below our target goals, the 2015 incentive bonus payout was considerably lower than target payout, in contrast to 2013 and 2014 where above-target performance led to larger cash bonuses.



Refer to "Financial Metrics Definitions" below for an explanation of the calculation of these measures.

In addition to Akamai hiring a large percent of H-1Bs, they also have the dubious distinction of having to settle in a Non Prosecution Agreement with The Securities & Exchange Commission (SEC) last year in regard to a bribery case with China. Not to be outdone, Akamai, while their 2015 profits were waning, used the financially engineered tactic of a $1 billion dollar share buyback to start off 2016, which is a boon not just for investors and share price, but also executives, as a large portion of Akamai's compensation package to executives is performance based.

Since 2013, according to SEC Form-4 filings, directors and executives have sold their shares to the tune of over $54 million, which begs another question: "Did they really need that $700K tax incentive?"

There are many that speculate reforming the H-1B program will actually harm American jobs and force employers offshore. At first, this may seem like a reasonable argument, but The United States is the largest consumer country in the world, and there's no way any other country would want to be shut out of our markets. President Trump has already indicated he has no qualms with taxing and putting tariffs on companies or countries that don't play ball - very powerful leverage for those that want to profit from this country. Hopefully, the outcome of this long awaited H-1B reform will be met with bi-partisan support, even if Republicans do not need Democrats' blessings. Democrats have a lot of fences to mend in regard to looking out for their Party's base, a base many feel clearly abandoned or betrayed H-1B reform; protecting the American worker would be a great place to start.

TOM DUGGAN'S NOTEBOOK

THE BOOK, THE BASH, AND OTHER VALLEY PATRIOT NEWS

We've been very busy here at The Valley Patriot over the last few months. First, we published a new book, "Heroes in Our Midst - From the Pages of The Valley Patriot."

The book is a collection of stories from our page one feature: Valley Patriot of the Month, Heroes in Our Midst. Since 2004, we have interviewed and highlighted the lives and sacrifices of 134 local veterans, some you will know, some you may not. The book starts off with hero veteran Thomas Hudners compelling speech about the war on terror, to the attendees of the 2006 Memorial Day services in North Andover. From there, local heroes like Jim Cassidy, Harvey Gibeau, Frank Shimko, Haverhill's most famous veteran, John Katsaros, and a tribute to former Lawrence Mayor Mike Sullivan's father, Thomas Sullivan. This book on local history is a great read and you can buy it on Amazon.com! They will also be available at The Valley Patriot's 13th Anniversary BASH.

Speaking of the BASH, this year's BASH is going to be held once again at the Firefighters Relief In on Market St. in Lawrence on Friday, March 24th. Doors open at 6pm. The incredible B-STREET BOMBERS will be performing early in the evening (before the awards and scholarships are given out) and then will come back to close out the evening. Tickets are $30 in advance $40 at the door, and as with all Valley Patriot events, veterans and active duty servicemen are admitted FREE! Order your tickets at EventBrite.com.

OTHR VP NEWS - If anyone is interested in volunteering to help out The Valley Patriot BASH committee we are always looking for more help. You can email me at valleypatriot@aol.com and put BASH in the subject box.

We are also looking for raffle items for the BASH. 50% of our raffle proceeds go to Puppy Girl's, One Tail at a Time Dog Rescue in Groveland. Help us save the puppies and donate a gift certificate, a bottle of liquor, or a new (and wrapped) store bought item. Anyone interested in donating an item can contact Beth D'Amato at beth7062@yahoo.com.

Each year at our annual BASH we give scholarships to local students from Lawrence High School, the Gr. Lawrence Tech School and North Andover High. Anyone wishing to donate to our BASH scholarships can contact me at valleypatriot@aol.com and put SCHOLARSHIPS in the subject box.

Lawrence Police Chief Fitzpatrick with Officer Maurice Aguilar who was awarded the Lawrence Exchange Club's Police Officer of the Year, last month at the Double Tree Hotel, in Andover.

VETERANS BENEFIT

Mark your calendars for March 1st.

From 11-1:30pm have lunch with the North Andover Veterans Department! Once again through the invitation and generosity of THE METHUEN TEXAS ROADHOUSE, North Andover Veterans Services Officer Gerry Maguire is able to invite 200 veterans and Gold Star Families to enjoy lunch! There will be a 50/50 raffle and guest speakers, just like last year!

SPRING PLANT SALE

The Middlesex Conservation District, a not for profit environmental agency, will hold its annual Spring Plant Sale on Friday 4/21 (3-6 pm) and Saturday 4/22 (8am-noon) at the 4H Fairgrounds, 51 South Chelmsford Rd, Westford, MA.

All items may be ordered in advance through March 31 by visiting http://www.middlesexconservation.org/ or calling (978) 692-9395 to request a catalog. The sale includes tree/shrub seedlings, perennials, groundcovers, fruits and garden supplies.

THE CLADDAGH PUB 4-MILE CLASSIC ROAD RACE On-line Registration for The Claddagh 4 Mile Classic run is now OPEN. This spring's Premier 4 mile run in the Merrimack Valley is at Lawrence's own Claddagh Pub. SUNDAY, March 5th 2017 at 11am in Lawrence, Massachusetts

This event will take place rain or shine.

Details & Registration at:http://runthewildrover.com

HAPPY 125th ANNIVERSARY TO THE ROLLINS SCHOOL

In celebration of this Historic Milestone, the Rollins School in Lawrence will be selling MEMORABILIA T-SHIRTS with our Anniversary Logo "Still Growing After All These Years!" They are also holding a 50/50 raffle with a chance to win $1,125.00 for the 125th Celebration of the Rollins School. Tickets $10.00 each or 6 for $50.00. Drawing to be held Monday, March 20, 2017, our 125th day of school. All proceeds to benefit Rollins School. To order T-Shirts please call the Rollins School (978) 722-8190

FROM THE OFFICE OF CAMPAIGN AND POLITICAL FINANCE

Ballot Question Committee Fined $125K for Trying to Hide Donor Information

The Horse Racing Jobs and Education Ballot Question Committee has agreed to a $125,000 civil forfeiture, paid to the state's general fund, to resolve campaign finance issues related to the 2016 state election, according to a disposition agreement between the committee and OCPF.

OCPF concluded that the committee, which supported Question 1 concerning expanded gaming, violated several sections of the campaign finance law:

Receiving contributions made in a manner intended to disguise the true source of the funds.

Broadcasting television advertisements that did not contain required disclosures.

Failing to disclose campaign finance activity in a timely or accurate manner.

According to the agreement, the committee accepted and disclosed contributions to support the question from Capital Productions, a company that registered in Delaware on Sept. 28, 2015. The com-

NOTEBOOK: NEXT PAGE

FREDDIE SAYS

I bought my copy of "Heroes in Our Midst" on Amazon. Have YOU?

BASH DATE: 3-24-17

Freddie also Says
EAT AT THE DAILY DOSE CAFE at PENTUCKET MEDICAL IN LAWRENCE
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A few months ago, seventeen people with disabilities began working at jobs they never thought possible.

- Tom Connors,
American Training President & CEO

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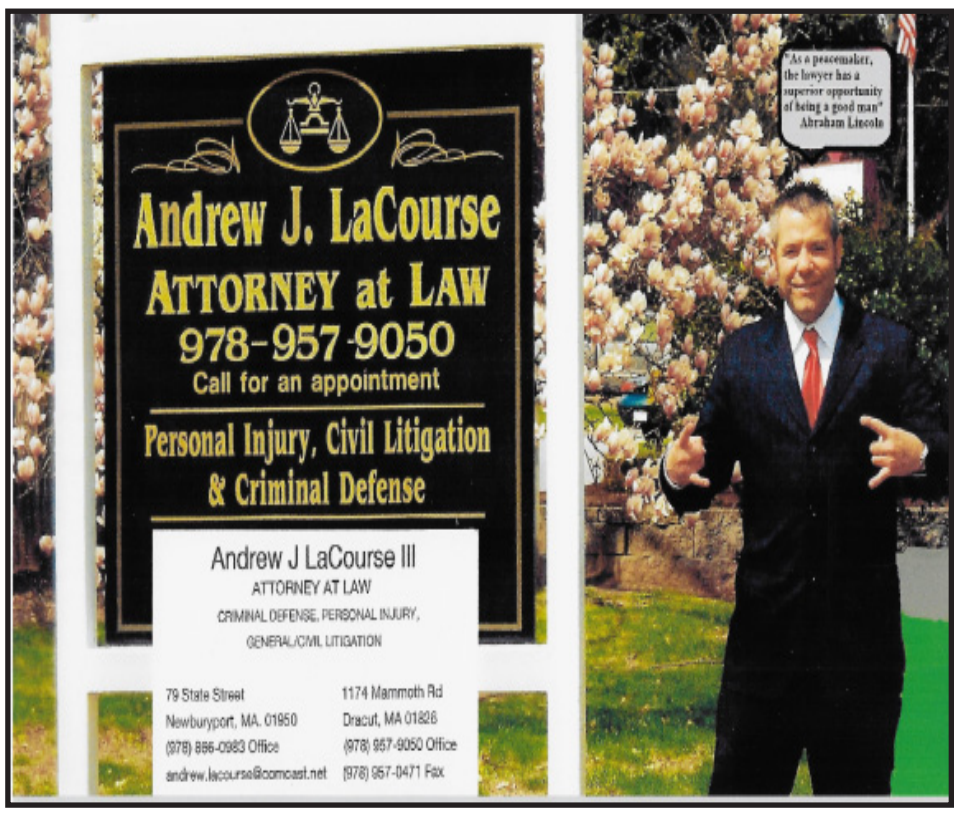
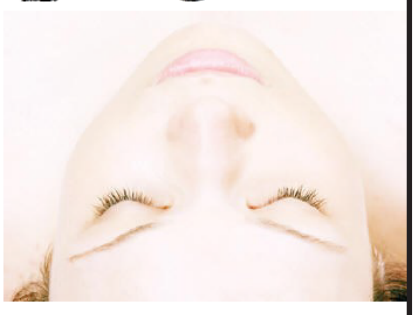


It has come to our attention that North Andover High School basketball fans turn their backs on the opposing teams as they are being introduced at games. The rudeness of the North Andover fans sparked some controversy on social media last month. We say shame on the North Andover fans who refuse to show good sportsmanship.

Valley Patriot reader Robin Waters brought us with her on her trip to Israel last month when she visited the Western Wall.

MOKSHA Spa & Wellness Center
Laser Services



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mittee knew that the contributions from Capital Productions actually originated with other entities and individuals. The total that was channeled to Capital Productions to disguise the true source of the funds was approximately $1.6 million. Please see the attached flow chart.

The campaign finance law also requires committees to list their top five contributors in television ads if the donor exceeds $5,000 in contributions during the 12-month period before the date of the advertisement. The committee failed to comply with this requirement from Oct. 18-30, 2016, because the ads did not contain the disclaimer. More than 400 ads were broadcast without the required disclaimer during this period.

The committee, after being notified by OCPF of the requirement that the committee's reports accurately reflect the true source of the funds it received, promptly amended the reports on Nov. 2, 2016, six days before the Nov. 8th election.

The committee made a $50,000 payment when the disposition agreement was signed. The remaining payments will be made by the committee in three installments: $25,000 no later than Feb. 28; $25,000 no later than March 31; and $25,000 no later than April 30.

The disposition agreement was signed by OCPF Director Michael Sullivan and Eugene McCain, chairman and treasurer of the committee. It was also signed by Alexis Fallon, the attorney for Capital Productions and Miami Development Concepts.

The disposition agreement is available on line.

A disposition agreement is a voluntary written agreement entered into between the subject of a review and OCPF, in which the subject agrees to take certain specific actions.

LAWRENCE ST. PATRICK'S DAY FUNDRAISER - This year's theme: Let Love and Laughter Lighten Your Day, was chosen by the children of the Wetherbee School. The Lawrence St. Patrick's Day Parade Fundraiser will be held Friday, February 10, 2017 at 6PM at the Lawrence Fire Fighter's Reliefs In Hall, 1 Market Street Lawrence, MA.

There will be: Raffles, Bagpipes, Irish Step Dancers, Irish Music, and Live Entertainment. Tickets are $20.00 and are available at the Reliefs In or through the website: www.lawrencestpatsparade.com. As well as at the door Donations for raffle prizes are needed.

The Lawrence Saint Patrick's Day Parade is on Saturday. March 11, 2017 at 1 PM. For more information or to donate go to www.lawrencestpatsparade.com

All forms to register to participate are available for download on the website: www.lawrencestpatsparade.com

REFUGEES AND COMMON SENSE

The Granite State Games will be hosting free tryouts for the softball players presently in the 8th grade through Junior in high school this Saturday, February 11, for the Southern and Coastal Regions at Saint Elizabeth Seton Hall located at 190 Meetinghouse Road in Bedford. Tryout times are as follows: Coastal 5:30 PM-7:30 PM, Southern 7:30 PM-9:30 PM.

The Granite State Games Softball competition will take place Monday, June 19 and go through Thursday, June 22 with preliminary games played at The Derryfield School and the Medal Round Games at Southern New Hampshire University Softball Complex.

For more information go to http://granitestategames.org/ or email David Hedge, Softball Director at dhedge@windhamsd.org.

SALISBURY

The Massachusetts Appeals Court has granted the Tomaselli sisters' request to return their case to Land Court claiming the Town of Salisbury committed fraud upon the Land Court in their fight to keep their property on North End Blvd. In a very rare move, the Appeals Court will now let the lower court consider if the town lied about the assessment date of the sewer betterment in previous court(s) testimony. The Land Court has not yet scheduled the Tomaselli's case as of the time we went to print. The Tomaselli's attorney Lisa Siegel Belanger submitted documents to the Appeals Court and Land Court claiming that the town's "lies" to the court were material facts that they had relied upon while making their decisions. See: http://bit.ly/2kgaWsi

METHUEN VILLAGE RECEIVES TOP RECOGNITION

Methuen Village has been chosen as a 2017 Best of Assisted Living Award Winners by SeniorAdvisor.com, the largest ratings and reviews site for senior care and services in North America.

This award is given to those senior living and home care providers who consistently receive high ratings and positive reviews from residents, families and guests. The annual SeniorAdvisor.com "Best of Awards" tabulate over 130,000 family created reviews to find the best quality care providers for this honor and recognized only those eligible communities that maintain a minimum rating of 4.5 out of 5.

Methuen Village was one of only 25 assisted living communities across Massachusetts to be recognized.

BLUE MOON COFFEE HOUSE, Artist John Gorka's upcoming show on Saturday, March 18 in Haverhill at New Moon Coffee House. John is touring for his new/old album, Before Beginning: The Unreleased I Know - Nashville, 1985, out now on Red House Records.

CAMPBELL: FROM PAGE 6

projects which can be integrated into existing curricula; provides opportunity and incentives to all 8th grade students to take their U.S citizenship test as well as help high school students register to vote;

Financial literacy in high schools (HD3554). Provides a flexible requirement that students receive financial literacy as part of the curriculum of at least one class in high school;

Veterans Property Tax Abatement (HD3565). Provides tax relief to landlords who rent homes to veterans and their families at rates below the market value;

Observance of Massachusetts Women's Defense Corps Remembrance Day (HD2259). Recognizes the important contribution made by women serving state-side during World War II;

An Act Relative to Do-Not-Resuscitate Orders (H. 1221).

Filed on behalf of Fran Gradzewicz of Methuen ensures that the legal wishes of individuals are honored in their end-of-life care;

Please continue to contact me on all issues that are important to you or for any assistance you may need in navigating state government. Linda.Campbell@mahouse.gov (617.722.2000)

Vice Chair Committee on Public Safety and Homeland Security/Committee on Ways and Means

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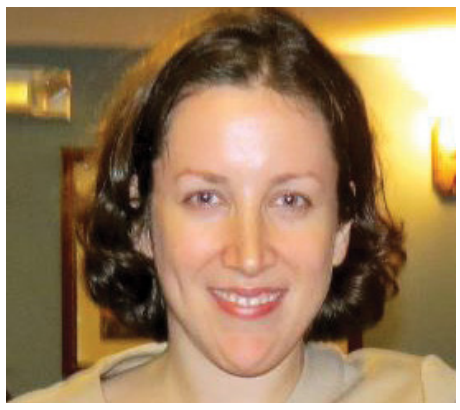
IN YOUR CORNER WITH SENATOR KATY IVES

Housing That's Affordable for First Responders

Katy O'Connor Ives
MASSACHUSETTS STATE SENATOR



As regular readers of this column may know, last session I filed a bill to reduce housing costs for veterans by offering a tax rebate to landlords who rent dwellings below market rate to individuals who receive state Chapter 115 veterans' benefits. In the past legislative session, a successful amendment I filed in a comprehensive veterans bill called the HOME Act, instructs the newly created Office of Veterans' Homes and Housing to conduct a feasibility study on providing this and other rental cost relief programs to qualifying veterans.

I filed the bill after conducting a roundtable discussion with local veterans' agents who described how veterans have been increasingly priced-out of the communities in which they wish to live. Similarly, first responders, including law enforcement officers, firefighters, and EMTs, have also found difficulty living in the communities they serve. One additional challenge in the case of first responders is that many municipalities across the Commonwealth have residency requirements for these employees.

This session, I filed SD 1270, "An Act Relative to Access to Housing for First Responders," to address this issue. This legislation would allow MassHousing, an independent, quasi-public state agency focused on providing financing for affordable housing, to create a special home loan program for first responders who are required to live within a minimum distance from the municipality they serve. Those eligible for this program would meet program income limits and live in the eligible home as the primary residence for the term of the loan, in addition to other common-sense requirements required by the program.

Whether you support or oppose such residency requirements for first responders, it remains true that many of these public servants wish to live where they work, but struggle financially to do so.

Nonprofit groups, such as the Everyday Hero Housing Assistance Program, have been established to lower the barriers for first responders to achieve their housing goals, and it is time the Commonwealth of Massachusetts considers adopting a similar program on a statewide level. According to the Everyday Hero Housing Assistance Fund, 69% of all Americans own their own home, while less than one-third of young police officers, firefighters, EMTs, and other service professionals can afford to do so.

Those who stand at the ready to respond and dedicate their lives to the public safety deserve more than platitudes. This session, I'm focused on making progress to advance this bill.

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV

Say No to Sanctuary Cities

Speech by Charles Jacobs to the Newton City Council 1-18-17

The chamber was filled to capacity. The majority, with signs and stickers, came to protest the Sanctuary City proposal. The minority (about 15% of the crowd – wearing small white stickers on their chests) came to support it.

After "reports" by the council members and one by an ACLU lawyer – who was booed, the Chairman, Mr. Ciccone, began allowing members of the public who had signed up to speak three minutes each. As "our side" began to cheer "our speakers," Ciccone angrily demanded silence at the threat of "clearing the room." It was about at that time, when I took my turn to speak, maybe the 12th in line.

My talk: "Who are we kidding? Let's be honest: THIS is America's culture war – right here in leafy Newton.

And it's not the first time it has broken out in these chambers:

Just a few years back some of the same councilmen planned to invite to live in Newton a convicted terrorist held in Guantanamo, Abdul Naji. Their motivation was to stick a thumb in the eye of President Bush. Guantanamo is an American sin, they thought. The city councilmen were here to save our souls. We stopped them: just like we hope to do tonight.

This time – again without any consideration for their constituents, the council members planned to do this – it has been reported -- during a hysterical fit -- after the election they lost -- and this time again, the Blues are sticking it to the Reds. It's all about their hatred for Donald Trump. They're acting out.

The posture employed is called "virtue signaling" a phrase we all ought to know.

They are signaling that they are better than us, because they care about strangers. They are for Human Rights: But this is a hoax: they don't care for the rights of the most oppressed in the Middle East, for the Christians who are being crucified, the Yazidi girls taken as sex slaves, or women or gays who are thrown off roofs or stoned to death in the Arab world. Not a word from the Blues on this! Their "human rights" hearts are only for certain people – those who could be our enemies, never for our friends. They give themselves more virtue points for being for people from anti-American cultures.

Because you see, this proves that they are good and that we are not good. And with this resolution, they seek to express that very conviction. They think they can even make us good like them, if we heed their "lessons." They can make us good. You see, they are clergymen, not aldermen.

And so I wonder if there was a fire in an apartment building – would these Sanctuary City folk have a moral dilemma about whether they should run to their own apartments, save their own families before they went to help strangers.

Friends, this is not only a politic problem – it's a psychological condition. We don't need a Marxian analysis here. We need Freud. They have a deep need to perform public moral preening.

You are endangering our lives and you are despoiling us. Stop it!"

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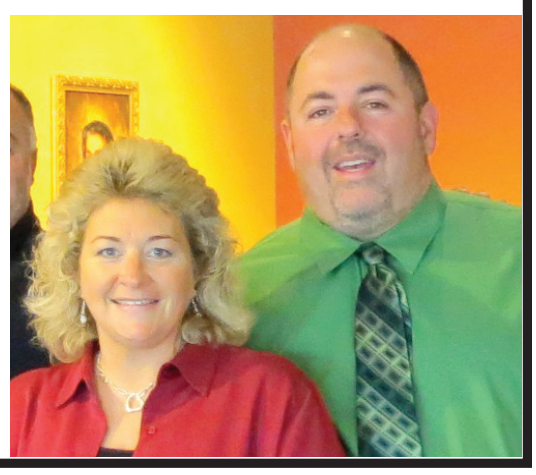

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Sarah Lemerise of AFC URGENT CARE in the Santa Parade in North Andover

AFC URGENT CARE!

Doctor's Express Changes its Name

Doctor's Express has officially changed its name to AFC Urgent Care. AFC Urgent Care can be found locally at 280R Merrimack St. in Methuen and 129 Turnpike St. in North Andover.

Sarah Lemerise, spokesman for the medical franchise, says that the name is the only change their patients will see.

Why the name change?

"For the past two years, Doctor's Express has been part of the American Family Care (AFC) network of more than 140 urgent care clinics across the U.S.," Lemerise said.

"To take full advantage of the benefits that being part of everything this world-class network offers, all of the Doctor's Express locations in the U.S. will be renamed AFC. Despite the fact you will see new AFC Urgent Care signage at our clinic, very little will change."

For example:

• We still have the same local ownership

• You will still be greeted by the same great staff

• You will still be treated be the exact same experienced doctors

• All of the same insurance plans will be accepted

• Our affordable co-pays and other payment rates won't change

• As always, you will receive the same quality healthcare and convenient services

CONTRIBUTING TO THE COMMUNITY

Prior to changing their name, Doctor's Express has been an integral part of the community over the last few years, quietly donating to local charities and helping local students with scholarships. Owner Lisa Williams says that their community involvement will not change with the new name of the walk in clinic.

In the last year all one Doctor's Express has donated:

$1,000 to The Valley Patriot's Charity BASH for scholarships to local students.

$250 to the YMCA Golf Tournament

Sponsor of the Merrimack Valley Relay for Life

Co-Sponsored Methuen Restaurant Week.

Sponsored the North Andover Middle School 8th grade graduation night.

Donated water to the North Andover High School track clinic.

North Andover SOS Night for seniors.

Health and wellness fair in Haverhill.

Co-Sponsorsed allowing for the City of Methuen to host a Restaurant Week that would be free for businesses to participate in.

For the second year Doctor's Express co-sponsored a Summer Movie Series, allowing the City to purchase the licenses to show free, outdoor movies to residents on a large screen. Movies have included The Wizard of Oz, Ghost Busters, and Frozen.

Co-Sponsored the Methuen Italian Festival.

Sponsored the Methuen's National Night Out.

Sponsored the Methuen Pop Warner Golf Tournament.

Sponsored Andover Day.

Sponsored the North Andover Fall Festival.

North Andover Sheep Sheering Festival.

Sponsored Wrestle-lympics in Law-

AFC: PAGE 24

SPA: FROM PAGE 7

decorated for peaceful practice.

Jodi knew to attract clients and make Moksha Spa a successful business, planning a solid strategy for marketing was the key to get clients from surrounding cities and towns. She reached out to the Boston Globe and several local newspapers and was successful to have the spa featured in the Boston Globe, Eagle Tribune, Lowell Sun and many others, which got the clients' attention around the state.

Keeping in mind to emphasize for each individual client, she created a vast menu of services. She says along with many popular services, the most popular services here are "Shirodhara" an ayurvedic treatment with sesame oil flowing on the Third Eye, relieving tension in the nervous system; it relieves symptoms of migraine, sleep apnea and helps mild depression.

Also, Indian Head massage is pretty popular. It is the massage of head, neck and shoulders and is very therapeutic. The spa also provides pre and post-natal massages as well as reiki and Polarity for unblocking the energy by opening the Chakras.

Catering to couples, she created a private couples' suite that includes couples massage steam room and very romantic French soak tub all-inclusive of the package. Couples enjoy this top notch service and leave with a take away bag with customized bath salt with lavender and Nag Champa essential oil.

It's not just the client's individuality that's taken in to account here, each staff member is meticulously assessing as well and customizes the needs for our clients. Selecting the staff members is crucial for me; they have to fit in to the philosophy of my business and radiate the nature of the business. We welcome any one who walks in with respect but do the treatments only by appointments so each client gets what they are paying for and leaving enlightened and relaxed. That's our goal.

Our anti-aging treatments keep our clients radiating and youthful and not to mention affordable. We keep our Laser Hair removal, Botox, Fillers, Radio Frequency facials, Ultrasonic facials, microderm etc. at very competitive pricing since it's needed but very expensive to keep it in to routine.

Moksha is a chemical free spa. We use only natural products for skin, nails and body very carefully screened and selected for each individual since every client who walks in to the spa has a different outcome and reaction to the products. We like to be safe with natural products.

The space itself is deeply restorative and offers a vast relaxation room to spa parties or just time away from stress and routine. A spiritual \yoga room with mirrored wall and hardwood floor offers classes for all ages and all levels from kids' yoga to restorative yoga to hot Power yoga along with guided meditation. The Spa lending a comforting atmosphere that balances intimacy with a sense of abundance.

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Lawrence Firefighters of the Year

The Lawrence Fire Department has gone through some extensive changes in the last two years. We have had numerous retirements and many new hires amongst our ranks. We have changed the way we operate slightly, which has improved our safety, and the safety of our community, and for that I would like to recognize the neighboring communities of Andover and North Andover who have helped us so many times to protect our city. Thank you.

One of the divisions of the Lawrence Fire Department that has gone through an extensive amount of change is the fire prevention bureau. Not only are these folks busy reviewing plans and conducting inspections of residential and commercial properties, and are involved in our public education program, but they also are the members responsible for conducting investigations of fires. They are on call 24/7, 365 days a year, and there is always someone to respond, many times the whole team.

Fire prevention is, in my opinion, one of the most under-appreciated, yet overly taxes division in our, if not every fire department. Over the last 2 years they too, have gone through many changes. They are improving the inspection process with real time documentation, streamlined our permitting and are building a database that is far more helpful, current, and complete with building information than what we have not had in the past. They have taken an active role in our distressed properties task force, have chosen to stay in fire prevention and not just use it as a pit stop on the way to a fire suppression position.

In 2016, they have investigated more than 200 fires in the city. We had more than 66 working structure fires, 14 of which were multiple alarms. Arson is one of the most difficult crimes to prove. Many times the evidence has literally burned up. There are few witnesses, if any, so usually the investigation team is starting from scratch.

The fire investigators this past year have worked tirelessly with the Lawrence Police Department and the State Police Fire and Investigation Unit which is a division under the Massachusetts State Fire Marshall's office. They have spent many hours interviewing people, reviewing hours of video tape, and that's after searches to find these cameras from homeowners or commercial property owners. They have worked backwards from scenes following suspected paths of arsonists, and using their intuition and local knowledge, gaining names of suspects. They have spent late nights and long hours staking out areas and searching for these people. They, through their many hours of work, were able to arrest 14 people and charged them with arson in 2016.

This includes a woman who lit the 4 alarm fire on Summer St. which destroyed and damaged 6 different multi-family homes and affecting over 50 Lawrence residents. It includes an arsonist who lit many fires in South Lawrence, terrorizing the many elderly neighbors and residents of the neighborhood, and a man who, in one night, lit over eight different fires as he walked through the city. No witnesses, just a trail of destruction just as the woman who poured gasoline and lit it at the rear of a packed night club, threatening the lives of over a hundred people.

Because of their tireless efforts and dedication to duty, and to do the job right, not cutting corners or taking the easy way, we are here tonight to recognize: Captain James Driscoll , Lt. Paul Maccarone, Lt. Michael Armano and Firefighter Miguel Baez.

KATHY'S LAWRENCE NOTEBOOK

Lawrence: The City of the Damned Forgotten

Kathy Runge
LAWRENCE COLUMNIST

If you want to see forgotten people, come to Lawrence. They're easy to spot. Just hunt for the person who seems out of place and looks like they can't understand the conversations around them. They are the English only speakers. In this city, bilingual means fluent in Spanish, hardly any 'bi' needed. Many who can speak English just prefer to not speak it. And they don`t have to, because our mission is to cater to the non-English speaker. They are not forgotten.

We have three city wide Councilors at Large, who happen to be Hispanic, and rarely go to any neighborhood association meetings. At council meetings they ask questions that are regularly answered at neighborhood meetings. People have gotten to the point of trying to shame them into going to meetings in south Lawrence to no avail.

At a recent council meeting, Councilor at Large Alvarez-Rodriguez stated that the people who go to the neighborhood meetings in south Lawrence don't need her. They have strong voices, can take care of themselves, and can call her if needed. She's not forgetting about them.

The Committee of the Whole had a meeting devoted to the opioid crisis on January 30. They could just muster a quorum of five councilors. The good excuses were given, mostly illness to be fair, and the meeting started late.

We learned that although Lawrence is overwhelming Hispanic, a disproportionately large number of Lawrencians who died of overdoses in 2015 identified as white, not Hispanic. It was speculated that this may be the result of programs over-targeting the Hispanic community and, well, "not targeting" the rest of the residents.

Much of the meeting focused on the problem of addiction and its treatment. Reports were given about treatment programs at the Middlesex House of Corrections and state resources.

District D Councilor Jeovanny Rodriguez noted the number of out of state residents using resources meant for Massachusetts residents at the methadone clinic in his district, as evidenced by the number of cars with out of state plates.

It was mentioned that there are many people who are rich from the drug trade in Lawrence living in the Dominican Republic. The promise of an additional meeting to focus on the dealers was made.

Sanctuary Cities: While we heard statements in the English speaking media regarding sanctuary city status from other mayors around the state, all I have seen from Mayor Rivera to date was a statement in Spanish regarding his support of Lawrence being a sanctuary city. Was he forgetting anyone?

With the exception of Councilors Abdoo and Laplante, I don't foresee any candidate for municipal office in Lawrence being against sanctuary cities, certainly not any Hispanic candidate. Even after Councilor Rodriguez's statement regarding non-residents using state resources, I'm afraid to ask him his views on this topic.

LAWRENCE: 24

Ye Gay Ol' Valley

Methuen High: Best Part of the Gay Community

Dani Langevin
VALLEY PATRIOT LESBIAN COLUMNIST

When I came out 23 years ago, I was incredibly insecure, nervous almost to the point of paralysis, and petrified to enter into a community I knew little to nothing about. How would I define myself as a lesbian? Will I fit in? Will I find someone? Who will support me? It inevitably became one of the best decisions I've made in my life. The LBGTQ+ community is bigger than I thought, so diverse that anyone will find a place within it, and best of all wonderfully welcoming. I was thirty when I came out, an adult. I asked the members of Methuen High School's GSA what they liked about being a part of the LBGTQ+ community. I wanted to get the perspective of a much younger generation.

Elizabeth said that it was the acceptance. "The community tends to be very loving and accepting of others, they make you feel welcomed." Samantha enjoys the sense of belonging, too, and the community's diversity. It is, "so diverse and encompassing. We are all bonded together through our identities." This is a common theme when I talk to those who frequent my room on any given Thursday afternoon. They feel self, welcomed, and affirmed. Isn't that what every person wants? Don't we all want to know that we fit in somewhere and that we aren't alone and we're supported. My co-advisor, Brendan Cripps, remarked, "As an Ally, it can help people who have been traditionally marginalized become more comfortable and included in the traditional mainstream."

In a country and even world where marginalization and discrimination appear to be recently reignited, many of my students and not just those in GSA have openly expressed their concern about being targeted. There has been a great deal of inflammatory rhetoric and new government action that is drawing lines in the sand creating division rather than unity. It pains me to see the worry on so many young people's faces because they are looking at a future that could be exclusive when it should be inclusive. Being a part of something bigger than themselves and feeling safe is so important. "many families don't support their children and having the community as a way to get that love and know you're not alone is the best," added Elizabeth.

That was my biggest fear about coming out, not having the support of my family. I was lucky. My parents were intelligent and open minded and passed these qualities onto my siblings. There was no hesitation by any of them to accept me and continue to love and support me. You'd be shocked to know how many in the LBGTQ+ community do not have that luxury. Brendan, a member of the straight community, takes part in GSA because he sees the importance of educating everyone in order to build bridges and make connections. "Helping people outside the LBGTQ+ community be more aware; truly making both communities be closer parts of a larger community," is why he is an advocate.

It is our job as adults, parents, and citizens to make sure that every member of our community is loved and accepted. Divisive talk and measures will destroy the very foundation that this country was

METHUEN HIGH: 16

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Melting Snowflakes

Beth D'Amato
VALLEY PATRIOT COLUMNIST

Comparing "misinformed" Leftists to nature's most delicate creation is an insult to all snowflakes. Each wintry snowflake is intricately designed by nature. No two are alike whereas, their political counterparts are mindless drones with no individual thought of their own. The mere beauty of a real snowflake quietly floating to the ground is breathtaking. Once it lands, it melts into all the other snowflakes creating a beautiful and calm landscape. When a mob of anti-Trump, anti-American progressives get together it's anything but calm.

Every minute of every day there is a protest of outrage flashing across my television screen. Every decision President Trump makes is going to be greeted by these angry, vile, misinformed, progressive cultists…all because their candidate lost the election.

Americans have no issue when fellow citizens take to the streets to march, demonstrate, even boycott, if they so choose. This freedom, protected under the Constitution is what makes our country great. But when people use that freedom to create a mob mentality that verbally and physically threatens (and attacks) those with whom they disagree, that is unacceptable. Blocking traffic is dangerous, stifling free speech is un-American and purposely causing the destruction of property is a crime.

Where are the marches and protests in outrage concerning the health care and treatment of our Veterans?! What about our elderly and disabled? They're on fixed incomes and money used to fund illegals and sanctuary cities, etc. is taken away from them. Not to mention the taunting and disrespect from the Obama administration toward our Police officers resulting in many of them being executed while protecting the public.

What we are seeing before our very eyes is the result of years of liberal indoctrination within our education system, along with the brainwashing coming from Hollywood, the media and the Democrat party. These young skulls full of mush do NOT know how to lose. They've grown up with the mentality that everyone gets a trophy, nobody gets their feelings hurt, two mommies or two daddies is normal, Johnnie wears a dress to school, abortion is not murder, global warming is caused by humans, radical Islam is a myth and those here illegally are good people and we need to build bridges not walls. Everyone and everything is wonderful… except for those mean, hateful Republicans.

The media and high ranking members of the democrat party are ginning up hysteria among their base. They're pushing a very dangerous and false narrative that president Trump's executive order is a "Muslim" ban. They make the argument that we as Americans have no right to detain or aggressively vet anyone from known terrorist countries. But that's not the case when it comes to regular Americans who work hard and pay taxes. The Democrat party and their drooling, brain dead followers insist on aggressively vetting every American who wants to own a gun. They are also aggressively vetting all candidates President Trump wants in his cabinet.

But when it comes to illegals, refugees, and those from known terrorist countries – let's just open the flood gates! We don't need no stinking vetting process! We'll just sing Kumbaya and use our transgender bathrooms while living happily in our Sanctuary Cities.

Beth D'Amato is Chariman of the Waltham Republican City Committee and a Valley Patriot columnist. You can email her at beth7062@yahoo.com.

Beneath the Surface

The Heart of the Matter: Life and Love Are One

Paul Murano
VALLEY PATRIOT COLUMNIST

Each February St. Valentine's Day confronts us with the notion of love with hearts abounding everywhere. Have you ever wondered why the heart is the symbol of love? Let us ponder the fact that, from time immemorial, the symbol of love has been an image of the heart – the vital organ that pumps life-giving blood to keep a person alive. Why such an odd symbol? There is a mystery here beneath the surface worth exploring.

What is it about the heart that fits the notion of love? The heart itself points to both love and life. This makes sense since, ultimately, they are the same thing. At the highest level of reality Love IS Life.

Let's first take a quick look at this Truth at the highest level. There is no distinction in God between love and life; in the divine nature they are one. As we hear in Scripture, God is described as both love and life: "God is Love" (1 Jn 4:1); and, "I am…the Life" (John 11:25; 14:6). This is who God is - He loves the world into existence and gives it life. Hence, this hidden mystery in the divine essence can be summed up thusly: love is life-giving and life is love-giving.

Further, most people can understand that life without love is not really living; however, the converse is also true, that love without life is not really loving. Ponder that. False love seeks to take pleasure without giving life, a surefire way of inflicting pain. Yet, today, we not only routinely and intentionally rupture the heart by separating life from love, we promote that separation and glorify it - creating a dearth of life-love that blinds us from the wisdom to realize it.

How? Aquinas taught that in human nature there are four basic dimensions of life that must be loved (i.e. fostered and cared for): biological life, family life, social life, and intellectual life. We separate love from biological life when we don't take care of ourselves, gradually allowing ourselves to fall into illness or addiction. We separate love from family life by divorce and promiscuous behavior before marriage that leads to the weakening of future marriage bonds. We separate love from social life when we don't develop our talents to better give ourselves to the community. And we separate love from intellectual life when we don't seek truth; for one does not really live without having a love of truth.

There is one particular way that the separation of life from love permeates all the categories of human life, reverberating through individuals, families, and society with grave implications. This is the act of contraception. With its widespread use taking root in the 1970's, American society became the first in history regularly to contracept women who were not prostitutes. In essence, that's what we have become: a society that exchanges sex for affection to the detriment of life, marriage, and the family.

In case you think this sounds too dramatic, let us look at some of the consequences of widespread contraception use and how its rupture of love affects the four dimensions of life. With biological and family life, it has whittled the average American family from around six children to 1.4. The unnatural attempt at seizing personal pleasure while thwarting natural purpose takes its toll on marriage. Additionally, contraception opened up a bigamous culture of temporary serial "relationships," inevitably causing heartbreak, cynicism, countless STD's, the killing of hope, and the killing of every third preborn child through abortion. The latter is a clear illustration of separating love from life. The de-linking of sex from babies (love from life) has created a mentality that rationalizes perverted behaviors such as homosexual acts and has inaugurated a pornography culture where untold people suffer from silent addiction.

Social life has also suffered greatly as evident in countries now begging couples to have more children because of massive depopulation crises. Illegal immigration has been seen as one quick fix to fill the void, while social security and elderly care will soon see drastic 'reform' due to not having enough young workers to subsidize them. And finally, intellectual life: How does contraception affect the mind? This is something wisdom sees but science cannot. Nothing blinds the intellect more than sexual sin and obsession. It stagnates the mind and its natural curiosity and keeps it from soaring to new heights, chaining it to the ground by the passions.

Therefore, the heart, the source of life, is the symbol of love for profound reasons. In human nature, love and life are intrinsically linked as one, a oneness that cannot be separated without deleterious widespread ramifications. By its very nature, love is life-giving and life is love-giving. This is the most important truth lost to modern man.

Paul Murano teaches philosophy at Rivier University and North Shore Community College and is host of Beneath the Surface radio show on 980 WCAP, Mondays 10-11pm (podcasts available www.facebook.com/fellowtruthseekers). He teaches adult enrichment at St. Patrick's in Nashua, is founder of Heartbeat Pregnancy Help Center in Burlington, and is a guitarist & singer. E-mail Paul at PJDM@aol.com

METHUEN HIGH: FROM 13

built upon. "United we stand, divided we fall." "Join, or Die." Our founding fathers knew this. Why are we suddenly losing sight of it? The LBGTQ+ community is the epitome of what the brilliant minds of those who formed this country knew: we need to be a united nation, even a united world. Take it from the mouths of babes, "It's amazing to see the empathy and the love that the (LGBTQ+) community gives to the people. We all genuinely care about each other and want the best. We're all striving for the same rights and the same outcome of equality."

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at dblangevin@aol.com

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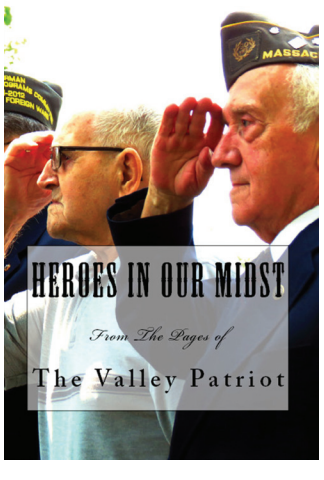

Zionism Looks Like a Dirty Pair of Sneakers

Forest Rain
VALLEY PATRIOT ISRAELI COLUMNIST

Sneakers put out to dry. Wet and full of sand, they looked tired.

My heart almost burst to see them.

They tell a story people who live elsewhere wouldn't recognize but most Israelis would. Those who don't have this story in their own home know the story well. Across political affiliations and religious denominations, it is a story we all honor.

A dirty pair of sneakers; this is what Zionism looks like.

A silent testament to effort, the desire to achieve and most of all, the desire to serve.

At night, down at the beach, in the cold, in the wind. Running, stretching, building strength. Pounding the pavement, through the sand, the water and back again.

Straining under extra weight, purposely added to make the run more difficult.

The biting wind is something to ignore. The temporary discomfort something to laugh at, knowing that future challenges will be harder.

No one told him to go. He goes on his own. There are no requests for assistance, no: "Can you drive me?" Just a quick "bye" and then he is gone, off to join others like him.

Together they strive, pushing themselves to new heights, knowing the tests they long to pass will stretch them physically and mentally beyond their current limits. And should they pass, the next challenges will be even harder.

They must be stronger, faster, better… that is the only way to gain admittance to an elite IDF unit. For this group, no regular unit will do. They strive to be the best so they can join the best.

Their peers will also serve, but few will undertake the challenges this group chose to take on. Few are able, capable of doing so.

They are not competing for their own glory. There is nothing glorious in being wet, tired, hurt, dirty, exhausted… They are competing for the honor of serving their people, shoulder to shoulder with others as dedicated, as passionate as they are.

Their Zionism is our future.

valleypatriot.com

DiZoglio Pulmonary Hypertension Bill Signed into Law

Inspired by Methuen Family Battling PH, Legislation Will Improve Services, Awareness

Growing up, Methuen resident Ernesto Bencosme had always lived a healthy lifestyle and been athletic. Something would consistently, however, hold him back.

Doctors told Bencosme he simply had bad asthma but, in reality, his heart was overcompensating his entire life and increasing in size. His physicians did not have the education or understanding of pulmonary hypertension (PH) to provide him an early diagnosis.

High blood pressure in the lungs is called PH. It is a chronic and life-threatening disease that can lead to heart failure if left untreated. The condition gets worse over time and can affect people of all ages, races and ethnic backgrounds. In the United States, an estimated 500 to 1,000 new cases are diagnosed each year.

Ultimately, Bencosme experienced an episode of syncope, a moment when oxygen fails to reach the brain at a normal rate. He was then taken to a local hospital, later transferred to Brigham and Women's and there diagnosed with PH.

Under new legislation, sponsored by State Representative Diana DiZoglio (D-Methuen) and recently signed into law by Governor Charlie Baker, a task force will be created in Massachusetts to improve public awareness about PH and improve health outcomes for those diagnosed with the disease.

House Bill 4121, An Act establishing a pulmonary hypertension task force creates a task force under the Commonwealth's Executive Office of Health and Human Services to develop a comprehensive, strategic plan to improve health outcomes for individuals with a diagnosis of PH, including recommendations to advance research, improve the transplantation criteria and process concerning lung and heart-lung transplants for individuals with a diagnosis and improve public awareness and recognition.

Last April, before a public hearing of the state legislature's Joint Committee on Public Health, DiZoglio was joined by Bencosme, his fiancée Kara Cann and others from the Cann family, all testifying before the committee in favor of the legislation.

"The enactment of this law is a life-changer for me and the members of the PH community," said Bencosme. "I am deeply grateful to Representative DiZoglio, all the legislative cosponsors and leadership led by Governor Baker, for effectively raising awareness to this deadly disease by creating this task force. Because of their collaborative effort with the Pulmonary Hypertension Association (PHA), we are now one step closer to a cure."

"With the passage of this legislation, we will make significant advancements in PH research, services and support activities across the Commonwealth," said DiZoglio. "I am hopeful the progress made through this task force will ultimately save lives and bring us closer to a cure of this disease. I want to thank Ernesto for his incredible work in raising awareness around PH and the entire Cann family for fighting alongside side him in this critical effort."

"Representative DiZoglio is a special person for taking the time to present this bill to the Massachusetts legislature," said Frank H. Cann, Bencosme's father-in-law and owner of the Coffee Cann Cafe. "For her part, my family and I are thankful for her thoughtfulness and efforts on behalf of Ernesto and the entire PH community. In addition, Representative Michael J. Moran (D-Boston) was absolutely key to the enactment of this law. I want to specifically thank him also for all his help. He went above and beyond the call of duty and showed true tenacity."

"Massachusetts has made history as the first state to pass legislation to help raise awareness about pulmonary hypertension and will surely be a model for other states to do the same," said Stephen L. White, former chair of the Pulmonary Hypertension Association.

"Pulmonary hypertension is a potentially deadly disease that is often undiagnosed or misdiagnosed which causes unnecessary delays in treatment. This bill will play an important part in helping the public and the medical community become more aware of this disease."

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Understanding Back Pain and What You Can Do ~ The Doctor is IN !

Dr. Rami Rustum
VALLEY PATRIOT MEDICAL COLUMNIST

Pain is one of the most common reasons people go to the doctor or miss work, and a leading cause of disability worldwide. Most people have back pain at least once.

Fortunately, you can take measures to prevent or relieve most back pain episodes. If prevention fails, simple treatment and proper body mechanics often will heal it within a few weeks and keep it functional for the long haul. Surgery is less often needed to treat back pain.

Signs and symptoms of back pain may include:

Muscle ache

Shooting or stabbing pain

Pain that radiates down your leg

Limited flexibility or range of motion of the back

Back pain can come on suddenly and last less than six weeks (acute), which may be caused by a fall or heavy lifting. Back pain that lasts more than three months (chronic) is less common than acute pain.

Back pain often develops without a specific cause that your doctor can identify with a test or imaging study. Conditions commonly linked to back pain include:

Muscle or ligament strain: Repeated heavy lifting or a sudden awkward movement may strain back muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back may cause painful muscle spasms.

Bulging or ruptured disks: Disks act as cushions between the bones (vertebrae) in your spine. The soft material inside a disk can bulge or rupture and press on a nerve. However, you can have a bulging or ruptured disk without back pain. Disk disease is often found incidentally when you undergo spine X-rays for some other reason.

Arthritis: Osteoarthritis can affect the lower back. In some cases arthritis in the spine can lead to a narrowing of the space around the spinal cord, a condition called spinal stenosis.

backpainSkeletal irregularities: Back pain can occur if your spine curves abnormally. Scoliosis, a condition in which your spine curves to the side, also may lead to back pain, but generally only if the scoliosis is severe.

Osteoporosis: Your spine's vertebrae can develop compression fractures if your bones become porous and brittle.

Anyone can develop back pain, even children and teens. Research has yet to prove what contributes to back pain. However, these factors might put you at greater risk of developing back pain:

Age: Back pain is more common as you get older, starting around age 30 or 40.

Lack of exercise: Weak, unused muscles in your back might lead to back pain.

Excess weight: Carrying too much weight puts extra stress on your back.

Diseases: Some types of arthritis and cancer can contribute to back pain.

Improper lifting: Using your back instead of your legs can lead to back pain.

Psychological conditions: People prone to depression and anxiety appear to have a greater risk of back pain.

Smoking: This can keep your body from delivering enough nutrients to the disks in your back.

For back pain, frequent questions being asked by the patient may include:

What is the most likely cause of my back pain?

What diagnostic tests do I need?

What treatment approach do you recommend?

If you're recommending medications, what are the possible side effects?

I have other medical conditions. How can I best manage them together?

How long will I need treatment?

What self-care measures should I try?

What can I do to prevent a recurrence of back pain?

What to expect from your doctor

Your doctor is likely to ask you a number of questions, including:

When did your back pain begin?

Is the pain constant?

Does the pain affect your ability to function? If so, how much?

Do you have other signs or symptoms besides back pain?

Do you do heavy physical work?

Do you exercise regularly? What types of activities do you do?

How often do you feel depressed or anxious?

Do you sleep well?

What treatments or self-care measures have you tried so far? Has anything helped?

While visiting your doctor for back pain, he or she will examine your back and assess your ability to sit, stand, walk and lift your legs. Your doctor might also ask you to rate your pain on a scale of zero to 10 and talk to you about how well you're functioning with your pain.

These assessments help determine where the pain comes from, how much you can move before pain forces you to stop and whether you have muscle spasms. They will also help rule out more-serious causes of back pain.

If there is reason to suspect a specific condition may be causing your back pain, your doctor may order one or more tests:

X-ray: These images show the alignment of your bones and whether you have arthritis or broken bones. These images alone won't show problems with your spinal cord, muscles, nerves or disks.

MRI or CT scans: These scans can generate images that may reveal herniated disks or problems with bones, muscles, tissue, tendons, nerves, ligaments and blood vessels.

Blood tests: These can help determine whether you have an infection or other condition that might be causing your pain.

Bone scan: In rare cases, your doctor may use a bone scan to look for bone tumors or compression fractures caused by osteoporosis.

Nerve studies (electromyography, or EMG): This test measures the electrical impulses produced by the nerves and the responses of your muscles. This test can confirm nerve compression caused by herniated disks or narrowing of your spinal canal (spinal stenosis).

Most acute back pain gets better with a few weeks of home treatment. Over-the-counter pain relievers and the use of heat or ice might be all you need. Bed rest isn't recommended.

Continue your activities as much as you can tolerate. Try light activity, such as walking and activities of daily living. Stop activity that increases pain, but don't avoid activity out of fear of pain. If home treatments aren't working after several weeks, your doctor might suggest stronger medications or other therapies.

Medications

Depending on the type of back pain you have, your doctor might recommend the following:

Over-the-counter (OTC) pain relievers: Acetaminophen (Tylenol, others) or nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve), might relieve acute back pain. Take these medications as directed by your doctor, because overuse can cause serious side effects.

If OTC pain relievers don't relieve your pain, your doctor might suggest prescription NSAIDs.

Muscle relaxants: If mild to moderate back pain doesn't improve with OTC pain relievers, your doctor may also prescribe a muscle relaxant. Muscle relaxants can make you dizzy and sleepy.

Topical pain relievers: These are creams, or ointments you rub into your skin at the site of your pain.

Narcotics: Certain drugs, such as Codeine or Hydrocodone, may be used for a short time with close supervision by your doctor.

Antidepressants: Low doses of certain types of antidepressants — particularly tricyclic antidepressants, such as Amitriptyline — have been shown to relieve some types of chronic back pain, independent of their effect on depression.

Injections: If other measures don't relieve your pain and if your pain radiates down your leg, your doctor may inject Cortisone — an anti-inflammatory medication — or numbing medication into the space around your spinal cord (epidural space). A Cortisone injection helps decrease inflammation around the nerve roots, but the pain relief usually lasts less than a few months.

Education

There's no commonly accepted program to teach people with back pain how to manage the condition effectively. So education might involve a class, a talk with your doctor, written material or a video. Education emphasizes the importance of staying active, reducing stress and worry,

BACK PAIN: 21

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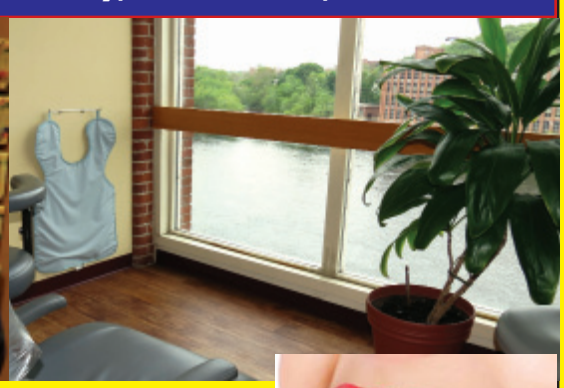
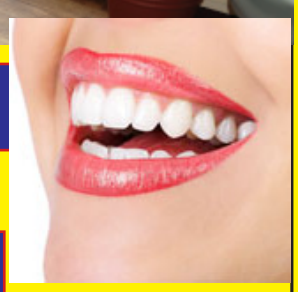
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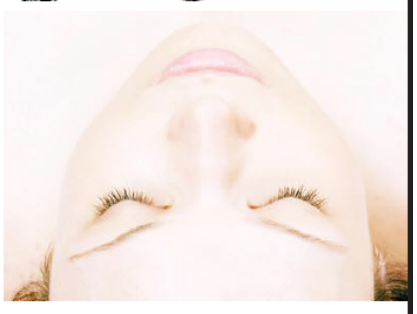
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Liberal Clintonites Don't Care About Physicians Hounded to Suicide by the Medical Board

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Dr. James D. "Chip" Fenn died at age 59, ten days ago, here in Massachusetts. He had had his license unlawfully suspended by the state medical board (BORIM) even after he proved his constitutional rights had been consciously violated. The board does not care about the U.S. Constitution and Liberal Clintonites don't care that the board hounds good doctors to commit suicide.

After all, my friend Dr. Ellen Malsky, hung herself in 2011 after the board forced her to stop being a doctor for no real cause at all. She decided she could not be alive if she could not be a doctor. Liberal Clintonites to date have yet to lament the reason for her passing.

The noise and hubris of the past few days are meant to convince us that Liberal Clintonites actually care about the Constitution and what it means to be American. It is of course an easy argument that Liberal Clintonites did not care about David Barron's secret memo suspending the 5th Amendment right of U.S. citizens. They didn't care about Justina Pelletier either.

But apparently they care greatly about citizens of foreign countries who are still outside this country. We have been assaulted by press releases from the likes of the Massachusetts ACLU which immediately went to court to support foreign Muslims, which the ACLU refused to do in the case of the young American citizen, Justina Pelletier.

And Maura Healey instantly held a presser to announce she is joining this state to the ACLU lawsuit in support of foreign Muslims. which is perplexing, given that actual Islamic countries such as Saudi Arabia, Kuwait and the UAE have officially supported the temporary visa restriction and declared it is NOT anti-Muslim.

http://thehill.com/policy/international/middle-east-north-africa/317435-uae-trump-ban-isnt-anti-muslim

We are to believe that Maura Healey, other Liberal Clintonites and Karyn Polito care more about foreign Muslims than does Saudi Arabia. Really? Is that even possible?

No, it is not.

What is happening is that the Liberal Clintonites have seized upon an issue that is safe for them to run with as it does not step on any toes within the local corrupt swamp.

All politicians love it when they can cast themselves as principled heroes without actually having to face down the swamp and suffer personally.

And the Boston Globe has joined the party with gushing write-ups of not just the brave heroic lawyers but also Judge Nathaniel Gorton who heroically allowed Maura Healey to join the ACLU lawsuit. He also allowed Maura to escape 80 years in prison for breaking the CFAA but the Globe won't tell you about that. www.maurabrokeCFAA.com

To take up a cause that requires action against the local swamp takes guts and a strong backbone which is why Liberal Clintonites are nowhere to be found when asked to help reform the institutionally-corrupt state medical board. And the Liberal Clintonites who run Charlie Baker's office are AWOL as well even though they cannot deny full knowledge of the board's contempt for the Constitution and all laws.

Charlie's people know this in the case of Dr. Nadolny, Dr. Schwartz, Dr. Langan and of course myself. It is easier for them to weep about foreign Muslims while staying silent about good people who are actually here.

The only doctors not hounded by the board are rapists, thieves and killers. Dr. Roger Hardy springs to mind, a rainmaker who should not be touched. Dr. Rachel Nardin was never touched too, despite 35 complaints from patients and my written report to the board about her attempting to murder my MS patient. The board actually called Dr. Nardin in to support them.

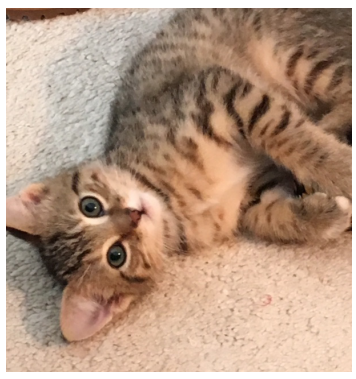
Shedding crocodile tears for foreigners far away while refusing to drain the local swamp is merely an empty exercise in hubris, a cardinal sin. And good doctors will continue to commit suicide, silently, all alone.

Dr. Bharani Padmanabhan is a neurologist specializing in multiple sclerosis in the Boston area. scleroplex@gmail.com

Quarantine

Robin Desmet
VALLEY PATRIOT KITTY COLUMNIST

The building in New York City is so non-descript that you could easily walk by and think nothing of it. But inside the locked structure is a veritable beehive of activity. The building serves as a temporary residence to over 450 New York shelter cats that were exposed to a rare form of the avian (bird) flu. Although it is unlikely that the flu will transmit to humans, only 3 cases have ever been reported, it was still necessary to quarantine all of the shelter cats as soon as the illness was discovered.



The ASPCA (American Society for the Prevention of Cruelty to Animals) rapid response team was called in to take control of the situation. They quickly set up a temporary shelter and transferred all of the cats out of the various shelters in New York and quarantined them in a single location. They mobilized volunteers from all over the United States to help care for the animals while they are being treated. As an MSPCA volunteer, I was able to offer my time and help at the shelter for 5 days last month.

When I arrived at the shelter for the first day of work, along with about 50 other volunteers, we were told that we would be required to wear PPE (personal protective equipment) while caring for the cats. If you have ever seen someone in a hazmat suit, then you can pretty much get the idea. We were required to suit up from head to toe before entering the area where the cats are being housed. Every 2 hours we had to remove the suit in order to take a 15 minute break. The suit is completely thrown away before break and a new suit is put on after break. At first, it seemed like a colossal waste of time and resources to keep up this operation. After about 1 day in a Tyvek suit you look forward to those 15 minutes when you can take that suit off and not have to look through goggles or breathe through a face mask.

When you first enter "The Hot Zone" where the cats are sheltered, what strikes you immediately is how organized the place is. Picture row after row of cages containing cats. These cages are then arranged into groups called "pods" and each pod is surrounded by a gate enclosure. The gates ensure that if a cat gets out of one of the cages, it will have a limited area in which to escape. Each volunteer is responsible for taking care of 1 or 2 pods of cats—anywhere from 50 to 80 cats.

Some of the volunteers are professionals----veterinarians, vet technicians, cat behaviorists, and full time ASPCA staff. They spend the day treating the cats and managing the entire operation. The rest of us are volunteers that come from all different walks of life and have all different careers. We are assigned to "daily care". This is basically 10 hours a day of feeding and watering, cleaning cages, mopping floors, fetching supplies, and snuggling with cats. It is dirty, hot, hard work in a Tyvek suit. The reward comes at the end. After an animal has tested negative for disease twice, one week apart, they can return to their previous shelter and be put up for adoption.

After 5 days of close contact, you really feel a connection to the cats. I am hoping that Smoky goes on to a loving home where his thirst for adventure can be realized and that Martian will find someone who will appreciate his warm personality and who will snuggle with him forever.

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IN THE GROOVE with Cindy Annis

The Big Bopper

Cindy Annis
VALLEY PATRIOT VINYL COLUMNIST

The Big Bopper was born on October 24, 1930 in Sabine Pass, Texas. His birth name was Jiles Perry Richardson Jr. Being the son of an oil- field worker, singing was considered to be a girlly thing and was frowned upon. When Richardson got into high school, he played football for the Royal Purple of Beaumont High, and he graduated high school at age 17.

Richardson went on to study pre-law at Lamar College. To help pay for college, he got a part time job at radio station 990 KTRM, which is now KZZB. Soon after he received a promotion from the station, he dropped out of college. He was really a shy kind of guy, but when he got in front of a microphone he turned into a vocally animated DJ. His passion was to spin the vinyl and make a name for himself. He had a radio show called Dishwasher Serenade and called himself Jape the Headwaiter of Club 990. The show was on Monday through Friday from 11:00 am to 12:30 pm. Schlitz beer, a sponsor for the station, asked if he could go into a different time slot and play music that would appeal to the younger generation. His new show was 3:00 to 6:00 Monday through Friday. Rock and Roll was the only kind of music that was played on the show. Jape faded fast and disc jockey Big Bopper was born out of a dance called The Bop. J.P. married Adrianne Joy Fryou in 1952. Their first child, a girl, Debra Joy, was born in 1953.

By 1955, he was drafted into the Army. His basic training was done in California. When his basic training was complete, he went to Texas for two years as a radar instructor. In 1957 he was discharged from the Army as a corporal. At that point, he returned to KTRM. He wanted to make a big deal out of his return, so he talked the owner of the radio station into having an on-air party. This celebration was at the Jefferson Theatre. Listeners could come by and meet the Big Bopper any time during the five day, two hours and eight-minute broadcast. This broke the on-air broadcasting record by 8 minutes doing his big return to civilian radio. After spending ten years at KTRM, Richardson got a recording contract at Mercury Records.

J.P. played the guitar, and was always the enthusiastic entertainer. If someone suggested it, the guitar was going before the request was finished! He was also interested in writing music and lyrics. He wrote a song, "White Lightning," and a fellow named George Jones took that song and made it his first #1 on the country charts. J.P. also hade a friend, Johnny Preston, whom he wrote "Running Bear" for. It is said that his early life on the Sabine River was the inspiration for this song. J.P. even sang background vocals for Preston on his record; however, the song wasn't released until about 7 months after J.P. died, so he never saw the song reach #1 for three weeks.

Harold Daily was the production guy for Mercury Records and he wanted J.P. His first song, "Beggar To A King," didn't go anywhere, but that was just the beginning. His next song came out under the name, The Big Bopper. "Chantilly Lace," would be The Big Bopper's biggest hit. The song got to #3 on the R&B charts in 1958, and #8 on the hot 100 in August. If you play "Chantilly Lace," and then play Jane Mansfield's "That Makes it," you will definitely get a kick out of them, together. After that he did, "The Big Bopper's Wedding." It did pretty good on the charts.

Because of the success The Bopper had from "Chantilly Lace," he decided to take time off from the radio and go on tour with Buddy Holly, Ritchie Valens, and Dion, and the Belmonts. That fateful night on February 3rd, 1959 won't be gone into here. However, the Big Bopper died that night, leaving a daughter, and a wife seven months pregnant with a son.

The Bopper had written about 20 other songs that hadn't been performed by the

BOPPER: PAGE 21

TV TALK WITH BILL CUSHING

Amazon Scores Again with 'Sneaky Pete'

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

"The Truth Is Always Changing". That's the tag line for Amazon's excellent new series 'Sneaky Pete,' and it couldn't be more appropriate. In 'Sneaky Pete' we follow con-man Marius Josipovic (Giovanni Ribisi) who is released from prison with the knowledge that he is wanted by an ex-cop turned gangster named Vince (Bryan Cranston) who Marius scammed out of a fortune. So Marius takes his cellmate Pete Murphy's identity and ends up working with Pete's unsuspecting family and their bail bond business as a skip tracer with Pete's cousin, Julia (Marin Ireland).

Pete's family hasn't seen him since he was a kid, over 20 years ago. So when Marius shows up knowing everything about them, it's easy for them to buy that he's Pete. Vince is holding Marius' younger brother in the city, and Marius must find a way to pay back the money he owes him, all while conning Pete's family.

The show begins with a fantastic pilot, and just gets better from there. The premise seems like it would have trouble holding up and that's what makes it fun. Ribisi is excellent as Marius. He has always been a supporting player, but here he gets to be the lead, and he shines. Margo Martindale (The Americans) and Pete Gerety (The Wire) are great as Pete's grandmother and grandfather. Libe Barer, plays Pete's cousin Carly, who you always feel is onto Pete's secret, but can never quite put the pieces together.

Where the show succeeds is in the way the story unfolds. Beginning with Marius about to get released from prison, and the show relays how he ended up there in a very creative way through flashbacks. But then knowing that his secret could unravel at any moment, and comes very close to doing so several times, is what keeps you riveted. Admittedly, it does require a bit of a leap of faith from the viewer to buy into the premise that Marius could con this family into believing he is Pete. It's made a bit more believable from the fact that Marius does resemble Pete a bit, and by Pete's grandmother Audrey and his cousin Carly becoming skeptical of who Pete really is as early as episode 2.

The show also sets up an interesting story for next season in the final scenes, and yes the show has been picked up for a second season.

Bryan Cranston co-created the show with David Shore (House) and his fellow executive producer is Graham Yost (Justified,The Americans). They are all also involved in the writing of the show. 'Sneaky Pete' originally was ordered by CBS in late 2014, but by the following spring, the network declined to pick up the series. Amazon won the bidding.

Amazon has become a big player in the TV market over the last few years with great series like 'Transparent,' 'Bosch,' 'Red Oaks,' and 'Goliath.' It looks like they have another winner with this one.

If you like good, well written and well acted drama series with some good suspense and humor mixed in, then check out 'Sneaky Pete.'

'Sneaky Pete' is available to stream on Amazon Prime Video.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

For daily TV news, follow Bill on Twitter @TVNewsandNotes and on Facebook at TVNewsandNotes

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EXCHANGE: FROM PAGE 5

attempting to stay afloat. Once attached to the rescuer, both victim, and rescuer were removed from the water by support personnel, but only after several minutes of struggling to find ice strong enough to support the weight of them.

Once on an "ice shelf", the support personnel continued to pull the victim and rescuer by rope systems to a safe area on the ice. Initially, the IDC was going to send the same rescuer back into the water to effect the rescue of the second victim, but due to the physical efforts of effecting the first rescue, that was no longer possible.

The IC then sent a second tethered rescuer towards the water to effect the rescue of the second victim.

This rescuer entered the water and made physical contact with the second victim and found that the victim could not assist in attaching the tether to himself. This made this rescue more difficult than the first because this victim experienced a higher level of hypothermia and exhaustion as he had been in the water for a longer length of time.

Once attached to each other, both victim and rescuer were removed from the water. Additional personnel continued with the patient to another awaiting ambulance to begin treatment for hypothermia. The first victim was removed from the water 10 minutes after arrival on scene and the second victim was removed 13 minutes after arrival of personnel and rescue resources.

Had the IC and the personnel not been appropriately trained and properly equipped to respond to an incident such as this, the outcome certainly would not have been as positive. All crews train and prepare for this type of an event annually and the preparation paid off for everyone involved.

Once the victims had been removed from the ice and were being treated for their medical conditions the IC recognized that there could be a significant potential for another incident to occur if onlookers were to attempt to retrieve some of the ice fishing and camping equipment that was left behind by the victims. A great deal of equipment was either still floating in the water or very close to the hole in the ice created by the victims who fell through the ice earlier.

To prevent a potential risk to onlookers, the IC then developed a plan to retrieve all of the equipment through the use of the rapid deployment craft and "fresh" personnel in ice rescue suits. Once all of the equipment was safely retrieved, all personnel were removed from the ice, rehabbed and debriefed.

The Andover Fire and Rescue personnel being honored with the Lawrence Exchange Club Firefighters of the Year award are presented to:

Deputy Chief Albert DelDotto , Lts. Robert Stabile, Mark Conlon, William Loehr and firefighters, Eric Teichert, Garret Ferris, Stephen Stabile, Timothy Bartler, Michael Byerley, Scott Weightman, John Senee, John McMullen, Ian Timmons, Joseph Murphy, and Brian Landry.

ANDOVER POLICE
OFFICERS OF THE YEAR

The Andover Police Department is proud to recognize Officers Brian Mackenzie and Sean O'Day as the Lawrence Exchange Club Officers of the Year.

Officer MacKenzie joined the Andover Police Department in February of 2008. After graduating from the State Police Municipal Academy, he has been assigned to the patrol division and is a member of the NEMLEC (North East Massachusetts Law Enforcement Council, formerly called SWAT) regional response team.

Officer O'Day joined the Andover Police Department full time in June of 2010 and attended the Lowell Police Municipal Academy. Sean was then assigned to the Andover patrol division.

Tonight we recognize these two for their saving actions that occurred in the early morning of Sunday, December 18 at 2:20 AM.

Officer Mackenzie and Officer O'Day were dispatched to Bancroft Road for a 41 year old female that had woken up and complained that her husband had heartburn. She then collapsed becoming unresponsive. Upon arrival they obtained information from the victim's husband and observed the victim lying on the floor of an upstairs bedroom.

They quickly assessed the victim, applied the AED from the cruiser and began with administering CPR.

After several minutes of CPR, AED advised a shock and ultimately several shots were delivered.

This process was repeated several times until Andover Fire EMTs arrived on scene and took over patient care.

Prior to being transported to Lawrence General Hospital, the victim regained a heartbeat and was breathing on her own. Officer Mackenzie and O'Day then concentrated on the family members who included a very concerned husband and two young children who were still sleeping during the incident. They made contact with friends and family to assist. They then transported the husband to the hospital and deployed TIPS to the home and the hospital for assistance, and ensured that the family was well taken care of.

On December 23rd, Dr. Daniel Jeong came to the station to inform the officers that due to their life saving actions the victims had pulled through.

I want to thank and congratulate Officers MacKenzie and O'Day for their hard work, empathy and dedication to the Town of Andover.

The Protein Debate: Whey vs. Soy

Rick Bellanti
VALLEY PATRIOT EXERCISE GURU

It's no secret that working out and building lean muscle helps you burn fat, thus helping you shed unwanted pounds, but what helps build that lean muscle? Obviously, hitting the gym and lifting those weights certainly help but we need to fortify those muscles with the proper nutrition both prior to working out and post workouts.

If you want to look good on the outside you need to do what's right on the inside as well. It is important that you have a nutritional plan in place as well as your workout plan before you start hitting the gym. Timing is everything so if you want to maximize your gains make sure you are feeding your body with the proper nutrition at the correct times (pre and post workouts).

Before your workouts you should have, along with your protein, some healthy carbs. (Your body needs carbs to fuel your working muscles) as well as some fats (for example prior to my workouts, I have plain organic Greek yogurt and a small handful of almonds). Whey proteins have an incredible fast digestion rate and is great for that extra boost of energy during workouts. You want to consume your pre workout meal thirty to sixty minutes prior to starting your routine. Your post workout protein is there to help build and repair the muscles used during your workout.

A liquid option (protein shake) also helps in re-hydrating the body post workout and I recommend a high protein shake with about 25 grams of undenatured whey protein. The post shake I drink is a high-protein meal replacement made with whey protein which is one of the most extensively studied proteins, and far superior for muscle building and fat burning. (Please message me for more details on my super whey protein shakes).

So what is undenatured whey protein anyway?

Whey protein is the protein that has been isolated from whey, the liquid material that is left behind after all the solids have been removed from cow's milk. It is an excellent source of dietary protein, very effective in building muscle for athletic nutrition, or for anyone who would like to reduce their body fat, and build muscle through exercise. Denatured protein is pasteurized by being processed at 160 degrees Fahrenheit to ensure that all microorganisms that may harm you have been destroyed. So for undenatured protein, it is heated up just enough to kill the harmful microorganisms but not harm the necessary amino acids needed for muscle building.

Whey protein also contains biologically active protein micro fractions (amino acids) which provide antioxidant benefits, helps boost immune function and enhances muscle recovery and growth and you will want to consume it within twenty minutes of post workout for the maximum health benefits.

Where whey protein comes from milk, soy protein is plant based (made from the soybean).

When comparing whey and soy protein for muscle-building purposes, whey protein has the upper hand in more than one way. Whey protein was absorbed more quickly, had higher concentrations of amino acids (important for muscle building). Additionally, whey protein has beneficial effects on hormones that can help build muscle, whereas soy protein does not, whey protein reduces cortisol, a hormone that can break down muscle following your workouts, where soy protein can lower levels of the male hormone testosterone, and testosterone is important for muscle growth. So in the weight loss / muscle building debate whey protein wins hands down. However, you may have no option if you are a vegetarian, soy protein will be your best option.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160 lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here.

BOPPER: FROM PAGE 20

time of his death, so Jay P Jr. took over where his Dad had left off. Jay Jr. toured with a Buddy Holly impersonator, John Mueller, and played all over the world performing on many of the same stages that his father had played on, many years earlier.

I really enjoyed doing this story for you as the Big Bopper has always been one of my favorite artists. We will be doing "that fateful night" in the future, so be watching out for it. Hope you enjoyed this one.

Remember to tune into Cindy's Vinyl Vault all this month for our featured Artist of the Month. We go live Sunday's at 10pm, Monday's at 11pm and Wednesday's at 10pm on AM 980 WCAP. During every show, you are invited to call in a request or dedication at 978-454-4980. Join our Facebook page at www.facebook.com/cindysvinylvault. There, you'll be able to listen to past shows commercial free. And remember, everyone, "it's not how old it is, but how great it sounds!"

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BACK PAIN: FROM PAGE 19

and teaching ways to avoid future injury.

Physical therapy and exercise

Physical therapy is the cornerstone of back pain treatment. A physical therapist can apply a variety of treatments, such as heat, ultrasound, electrical stimulation and muscle-release techniques, to your back muscles and soft tissues to reduce pain.

As pain improves, the therapist can teach you exercises that can increase your flexibility, strengthen your back and abdominal muscles, and improve your posture. Regular use of these techniques can help prevent pain from returning.

Surgery

Few people need surgery for back pain. If you have unrelenting pain associated with radiating leg pain or progressive muscle weakness caused by nerve compression, you may benefit from surgery. Otherwise, surgery usually is reserved for pain related to structural problems, such as narrowing of the spine (spinal stenosis) or a herniated disk, that hasn't responded to other therapy.

To Email Dr. Rustum: rrrustum@yahoo.com

Health Care Prices

Lenny Mirra
STATE REPRESENTATIVE, NEWBURY

Getting your appendix removed can be an expensive thing. This routine surgery costs an average of about $16,000 in the U.S., and even higher in places like Massachusetts. But in Switzerland the average cost is about $6,000, and only $2,000 in Spain.

For a hip replacement the prices vary even more, on average about $40,000 in the U.S. but only $11,889 in the UK and $10,927 in France. For that amount of difference you could take your entire family to Paris for a week while also paying for your hip replacement - and come out ahead by several thousand dollars.

Even such routine, mundane things like an MRI can vary by a lot, about $1,119 in the U.S. compared to $811 in New Zealand, $215 in Australia and $181 in Spain.

This is no small problem as health care consumes about half of our state's $40 billion budget, to say nothing about federal and municipal budgets. Moreover this excessive spending devours a huge percentage of our GDP and does a number on our small businesses.

This has understandably led many to conclude that we should simply adopt the health care systems of other countries but that doesn't guarantee long term success; these other countries are facing health care problems of their own. But a look at how they approach the issue can be helpful. In Canada and Britain, for example, prices are set by government, which I think would be disastrous here. But in Germany and Japan prices are determined by negotiations between providers and insurers, something that allows for more competition and market forces.

Our lack of competition is what has led to the utter dysfunction of our health care industry as prices are now determined by a convoluted system of government regulations and red tape, exacerbated by mergers and consolidations among hospitals. About a year ago Kellogg Northwestern Management School wrote a paper entitled "The Price Effects of Cross-Market Hospital Mergers" where they researched the cost of healthcare after mergers. What they found was not surprising: "The results suggest that cross-market, within-state hospital mergers appear to increase hospital systems' leverage when bargaining with insurers."

What this means in plain speak is that some hospitals have cornered the market in some regions, like Partners has done here. This is why a Partners hospital can charge tens of thousands more for even routine surgeries, or even for things like CAT scans or an MRI. They negotiate these prices with insurance companies that are compelled to pay them because they would never be able to sell a policy without including Partners in their network. The result is patients unwittingly going to these high priced providers to pay these exorbitant prices because "someone else" is paying for it. The rest of us are "someone else."

This wouldn't happen so often in a more free market system and that is why things like Lasik and cosmetic surgery have come down in price while the procedures covered by government and/or insurance have skyrocketed. Now just imagine if more countries used a more free market approach to healthcare; innovation would take off and prices would plummet. If France is more adept at replacing hips, more people would go there for that procedure and they'd become more proficient and efficient at it because they'd specialize in it. Likewise, if Partners hospitals are especially good at cutting edge cancer treatments, people from around the world would go there for treatment and they'd have fewer beds, rooms and doctors being used on appendectomies that are done much more efficiently and economically elsewhere.

In fact this is already happening to an extent. Mass. General is full of people from other countries taking advantage of their best in the world treatment of certain illnesses. Unfortunately, only their rich and powerful have access to it, depriving Massachusetts of millions that could be earned through medical tourism. If our healthcare system were more like our cell phone "system", that is to say, controlled by the free market instead of government, then even the poor and middle class could have access to healthcare that is the equivalent of the iPhone of health care. And we'd all be a lot richer.

valleypatriot.com

HERO: FROM PAGE 1

In November of 2016, Veterans Assisting Veterans found out Mr. Bazin was about to lose his Lawrence home, so they pitched in and paid off his mortgage

the very close quarters there would be up to five men inside one tank. They had the gunner, loader, machine gunner, tank commander and driver. It was so tight in there the men had to sit on the live shells. A battle was referred to as a Campaign. The men had to stay inside the tank throughout the campaign. That could be 3 to 5 days.

This particular campaign was later known as The Battle of the Bulge. It took place six months after the D Day invasion in Normandy, France. The "bulge" was a strategic line formation that prevented the Germans from breaking through and getting to Antwerp, the port city in Belgium, to take it over and drop their submarines in the water and wreak havoc on enemy ships.

The Battle of the Bulge went on from December 16, 1944 through January 25, 1945. It was the last major German offensive campaign of World War II. Thankfully, Mr. Bazin returned home in 1945. He tried working at some of the local factories in Lawrence, MA. He utilized the GI Bill for school and graduated from Northeastern with a degree in Chemistry.

He worked in a chemical factory in Somerville, MA for a number of years.

Mr. Bazin still resides in the family home in Lawrence, MA.

He never married or had children but did live in the house with his sister and her husband years ago. JT. Torres and his organization looks after him to make sure he receives all the help, food, benefits and medical attention he needs.

Last November, when JT Torres found out that the bank was about to foreclose on Mr. Bazin's home on Brookfield Street in Lawrence, he and the volunteer veterans from Veterans Assisting Veterans, The Owl Diner in Lowell, New England Veterans Liberty House and the City of Lawrence, pitched in and paid off his mortgage. Not only did they show up to give Mr. Bazin a check for his house, but they went through his home and cleaned it out and even brought Mr. Bazin lunch.

While Mr. Bazin insists he is no hero for serving in the war – he did receive some medals that would make any soldier proud:

Medals: WWII Victory Medal – Army Good Conduct Medal – Eastern European Campaign Medal with Five Bronze Stars, Army Good Conduct ribbons.

Mr. Bazin, thank you for your service and sacrifice to our nation. You are truly a "Hero in Our Midst" that we can never repay.

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Merrimack College honored Lt. Cmdr. Robert Dunne before the Jan. 7th home hockey game. From left: Merrimack junior Jared Kolquist of Hermanntown, Minn; Merrimack Athletic Director Jeremy Gibson of Andover; Lt. Cmdr. Dunne of Peabody; his daughter, Sarah Dunne, a Merrimack junior; and Cornell senior Jake Weidner of Grand Valley, Ontario.

Merrimack College Honors Navy Veteran of Iraq, Afghanistan, Africa

Merrimack College honored a veteran of the Global War on Terror, and father of a Merrimack student, at the Jan. 7th home hockey game against Cornell.

Navy Reserve Lt. Cmdr. Robert Dunne of Peabody, Mass., was recognized in a brief ceremony at center ice Jan. 7 in the Lawler Rink, before he dropped a ceremonial puck to start the game. His daughter Sarah, a Merrimack junior, sang the National Anthem.

The U.S. Naval Sea Cadets, Constitution Division, of Haverhill posted the colors in Lawler Rink. The division's photos of the event are available here: http://bit.ly/2klZOwv

Lt. Cmdr. Dunne, a graduate of the Naval War College, has served on active duty in Afghanistan and Iraq, and is currently with the Combined Joint Task Force, Horn of Africa, based in Djibouti. Holder of the Defense Meritorious Service Award, Navy Commendation Medal and Iraq and Afghan campaign medals, he is chair of the Peabody Veterans Council.

Merrimack was founded in 1947 to educate returned veterans of World War II.

You Do Your Part & God Will Do His Part

Peter Larocque
VALLEY PATRIOT COLUMNIST

Has anyone ever said to you or have you ever heard it said, "In order for God to do His part in your life, you must do your part first?" Well I have, and all that statement does is lead me to ask, "What is it that I must do that enables God to do His part?" Please allow me to add a little light to this dilemma we find ourselves in.

Let's begin by reading Ecclesiastes 12:13, "Let us hear the conclusion of the whole matter: Fear God, [which means to revere, with deep respect, reverence or honor with awe] and keep his commandments: for this is the whole duty of man." The Message Bible says it much simpler, "Fear God: Do what he tells you." Right at the start we must know and understand that we are no longer under the Old Covenant of Law where God tells you to do something and when you don't do it you are under the curses as listed in The Book of Deuteronomy.

But because of the Finished Work of Jesus Christ on the Cross we are now under a New Covenant, a Covenant of Grace whereby God has promised that He would be merciful to our unrighteousness and our sins and lawless deeds He would remember no more, as it says in Hebrews 8:12. How does God Righteously do this? Well over 2000 years ago, God remembered all our sins, past, present and future and placed those on the body of Jesus Christ on the Cross, then and there the blood of Jesus Christ cleansed us from all sins!

So in all actuality, God has done His part, His part was as it says in 2Corinthians 5:21, "For he [God] hath made him [Jesus Christ] to be sin for us, who knew no sin; that we might be made the righteousness of God in him."

Now what is our part, our part is to simply believe that God did His part which was completely complete! In other words I cannot add by my works to what God has already done through His Son Jesus Christ! When Jesus said on the Cross, "It Is Finished", it was! Our salvation was bought and paid for! We were made Righteous! All we have to do now is believe it!

One more time, if there's a part for us to play in The New Covenant of Grace it is simply this: to believe.

So what does God want us to believe? He wants us to believe in Jesus and His finished work, that we are completely forgiven of all our sins and that Jesus' blood cleanses us from all our unrighteousness and lawlessness. And because of Jesus' atoning sacrifice, God wants us to believe with all our heart that He meant every word when He said, (and it is worth repeating) "...I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more" (Hebrews 8:12).

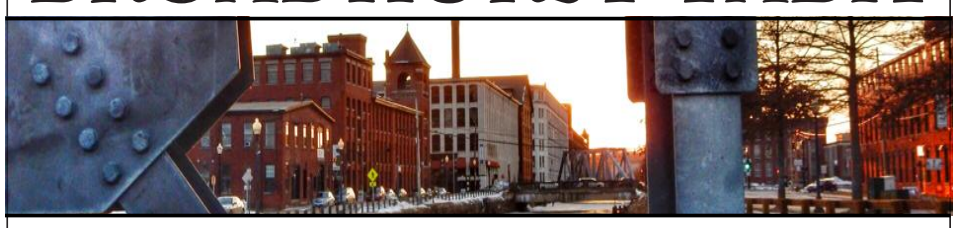
We read in the Book of Acts 13:38–39, "Therefore let it be known to you, brethren, that through this Man is preached to you the forgiveness of sins; and by Him everyone who believes is justified from all things from which you could not be justified by the law of Moses." Therefore in God's eyes today, we are made perfectly righteous by Jesus' Finished Work. The New Covenant's emphasis is to believe that we are forgiven of every sin and that God has erased them from His memory. If we don't believe this, it will be impossible for us to depend on and expect God to protect, provide for and bless us. If we don't believe this, it will rob us of the ability to receive His goodness, blessings, unmerited favor and success in our lives. So believe. Only believe!

One more thing, rather than put all our trust and believing in our love for God, [which is Old Covenant Law], it would be to our benefit to place all our trust and believing in God's LOVE for us, [New Covenant of Grace]! For God So LOVED He Gave! God's LOVE for us never fails or falls short. God's LOVE for us always can be counted on!

God Bless You,

Peter Larocque is married to wife Pam for 34 years, and they have 3 wonderful children, and are blessed with 3 grandchildren. He is former Lawrence School Committee Member-2006-2009, and a baker with Demoulas, Market Basket 16 + years.

BROADHURST TABIT



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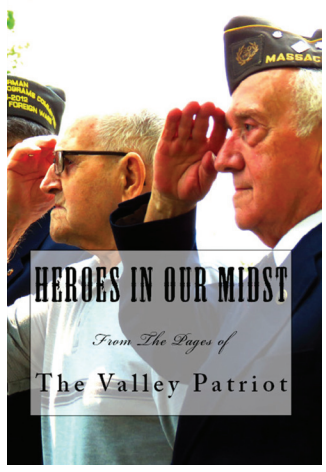

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AFC URGENT CARE: FROM 12

rence.

Sponsored Thomson School field day and fun run.

Teamed up with the Sons of Italy to put on a community event that included games, crafters, vendors, and a celebration of Italian-American culture.

Donated funds for the Nevins Memorial Library to purchase health care-related books for children.

In North Andover, Doctor's Express (AFC) Donated $500 to the Annual North Andover Merchants Association Knight of Honor Gala. A scholarship fundraiser.

Sponsored the volunteer T-shirts at the North Andover Merchant Association Fall Festival.

Sponsored the Thomson School Fun Run.

Donated $2,000 to the reconstruction of the Franklin School Playground.

Exclusive sponsor of the North Andover High School Girls Basketball team.

Trot for Special Tots Sponsorship- October 2nd in Andover ($250 Bronze Sponsorship & Table at the race)

Monte Carlo Night Sponsorship- October 1st @ Salvatores Restaurant

Fall Business Expo- Sept 21st in Andover

AFH Urgent Care is also sponsoring the girls fall ball basketball team.

Povided a $1,000.00 scholarship to a graduating NAHS senior.

Official water providers for the 4th of July Road Race.

Donated $150.00 to an Atkinson School Family fundraiser after their father passed away.

Doctor's Express, now AFC Urgent Care owner, Lisa Williams says that she is proud of the success Doctor's Express has had in Methuen and North Andover, and is looking forward to contributing to the community and servicing her patients for years to come.

LAWRENCE: FROM PAGE 13

President Trump, please don't forget about Lawrence when stripping sanctuary cities of their funding. None of our other politicians will help us. Ignore the pleas of our mayor and "Republican" governor.

Also President Trump, if you want to look for evidence of voting fraud, might I suggest a peek at our voting records? We are a relatively small city that's full of non-citizens, so it would be a good place to start. In the November election I found over 30 pairs of duplicate registrations that were both credited with voting. As citizenship status is not public, we can only speculate on the number of non-citizens that voted.

Learn from History or Repeat It

YOUR MONEY WITH ALEX TALCOTT

5 Ways to Make the Most of Your Tax Refund

Alex Talcott
VALLEY PATRIOT MONEY COLUMNIST

More than 110 million Americans collected a tax refund – worth an average of just under $3,000 – after filing their 2015 tax returns, according to statistics released by the Internal Revenue Service (IRS). If you're one of the many Americans who expect to receive a financial "windfall" (note: see #5 below) this year, what do you plan to do with the money? It's tempting to treat yourself to a new TV or a pricey vacation. However, if you refrain from spending your refund impulsively, the money presents an opportunity to treat yourself to additional financial security. Here are five ways to extend the benefits of any refund you receive this year or in the future:

1. Give your retirement savings a boost

While your refund may not seem like a large sum compared to the amount you need to live the life you want in retirement, every dollar you put aside matters. Keep in mind that the money will have a chance to grow, particularly if you are several years or even decades from retirement.

This year, think about using your refund to "max out" your contributions to an Individual Retirement Account (IRA). Individuals age 50 or older can set aside $6,500 per year in an IRA while those under 50 can save up to $5,500 annually. You may be able to deduct your IRA contributions if you qualify, which may help reduce your 2017 tax bill. You can also put your refund to work in a Roth IRA, potentially qualifying you for tax-free withdrawals in retirement.

2. Save for another long-term goal

If you are saving money for a down payment on a home, a home improvement, or higher education needs, your refund can make a big difference. Consider using your tax refund to establish a separate savings account, or invest the money in its own investment vehicle. Keeping your goal-specific savings separate from your day-to-day accounts will help you focus on reaching the goal because you'll be less tempted to spend the money elsewhere.

3. Expand your "rainy day fund"

A basic rule of thumb is for you to have at least three-to-six months of income set aside in an emergency fund. This is money that should be left in cash (such as a savings account or a money market fund) in the event an unexpected financial need occurs. A tax refund is a great way to bolster your rainy day fund if it's lacking.

4. Focus on being financially independent

If you have any credit card debt, consider first using your refund to reduce this costly form of borrowing. After that debt is eliminated, you may want to focus on tackling any outstanding student loan balances. If you're fortunate enough to have your consumer debts paid off, think about making an additional mortgage payment. Many Americans make it a goal to pay off their home before they retire, and several lump sum payments can help make this goal more attainable for you.

5. Adjust your tax withholding

If you tend to receive a sizable tax refund each year, a better approach may be to reduce the tax withheld from your paycheck. Rather than giving the IRS a "tax-free loan" while you wait for a big refund, keeping the money may make more sense for you. Apply the extra cash you'll receive in each paycheck toward your most important goals, such as retirement or a child's education. Adjusting your withholding may affect your tax situation, so talk to your tax advisor before making a change.

You want to use your refund where it will have the greatest positive impact on your financial situation. If you need help weighing competing priorities, talk with a financial professional who can give you an objective perspective on how to best divvy up your refund.

Alex Talcott, JD, is a Financial Advisor with Ameriprise Financial Services, Inc. in Portsmouth and Bedford, New Hampshire and Middleton, Massachusetts. He specializes in fee-based financial planning and asset management strategies and has been in practice for 10 years. To contact him: (603) 319-3108; 25 Chestnut St., Ste. 300N, Portsmouth, NH, 03801; www.ameripriseadvisors.com/alex.talcott

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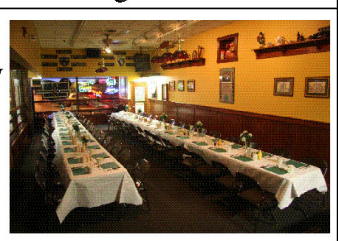

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Property Sales, Foreclosures for JANUARY, 2017 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo (All properties are listed in order; seller, buyer, address, and price.)

ANDOVER

Andover Lincoln Woods LLC, Renee & Eric Hukkanen, 4 Leah Way Unit 4, $780,000.00

CA Investment Trust, Joseph & Anna Savani, 21 Crenshaw Lane Unit 15-4, $1,350,000.00

69 North Street LLC, Jessica Allard, 11 Boardwalk Drive Unit 11, $199,800.00

69 North Street LLC, David Arias, 11 Boardwalk Drive Unit 11,

Boulanger One Family Trust, Christopher & Ashley Pastore, 78 North Street, $352,300.00

Thirty-Seven Country Club Lane Nominee Realty Trust, Eric & Samantha Halverson, 37 Country Club Lane, $1,465,000.00

Shawn & Toni Kidder, Carol Ann Flaherty, 17 Juliette Street, $306,500.00

Dina Latulippe, Weixian Guo, 8 Henderson Avenue, $572,000.00

Joan Viscione, Alice Lawrence, B1-3 Colonial Drive, $145,000.00

Kerry & Cynthia Adams, James & Mariah Berberian, 27 Bobby Jones Drive Unit 8.2, $844,900.00

Donna Games, Gaurav Jetly, 14 Gavin Circle, $721,000.00

Donna Games, Pushp Gandha, 14 Gavin Circle,

Dennis & Stephanie Bilodeau, Shawn & Toni Kidder, 5 Sevilla Road, $560,000.00

Laurie Mcmullen & Elaine Desalvo, Zong Zou, 60-62 Red Spring Road, $480,000.00

Laurie Mcmullen & Elaine Desalvo, Mei Lam, 60-62 Red Spring Road,

John Rafferty, Jon & Amy Wilen, 11 Shepley Street, $425,000.00

Jeffco Inc., Hong Ma, 6 Candida Way, $780,000.00

Jeffco Inc., Nancy Sun, 6 Candida Way,

Mary Driscoll & John Barry, Barry Family Trust, 34 Cutler Road, $530,000.00

Clark Living Trust, Stephen & Danielle Crompton, 6 Lansbury Lane, $655,000.00

Dean Family Trust LLC, Chad & Anne Epperson, 17 Shirley Road, $477,000.00

Mariateresa Trust, Thomas Kaufmann, 16 Hartford Circle, $652,500.00

John & Rina Tenore, Tengfei Yin, 7 Forest Drive, $804,000.00

John & Rina Tenore, Jia Liu, 7 Forest Drive,

Corey & Amy Glaude, Mamadou Diop Gaye, 9 Topping Road, $360,900.00

Corey & Amy Glaude, Fatou Ndiaye, 9 Topping Road,

Stephen & Anna Cortner, Kevin & Lauren Ebert, 30 Hearthstone Place, $1,020,000.00

Puma Realty LLC, Abel Ralty LLC, 116-118 Lowell Street, $1,200,000.00

Martha Beesley, Donna Beth Weinberg, 40 Chestnut Street Unit 2, $331,000.00

RGH Realty Trust, David Gleich, 42 Central Street, $935,000.00

RGH Realty Trust, Mariann Coromoto Padron, 42 Central Street,

Sixty-9 North Street LLC, Suguna Palaniswamy, 14 Boardwalk Drive Unit 14, $559,900.00

Sixty-9 North Street LLC, Karthikeyan Chandrasekaren, 14 Boardwalk Drive Unit 14,

Kindred Homes Inc, Venkata & Swapna Ratnala, 353 Salem Street, $899,000.00

Reliance Realty Trust, George Hughes, 6 Sorrento Circle, $300,000.00

Jesse Michael Josbt, Mary Lyons, 16 Balmoral Street Unit 410, $195,000.00

Peggy Scott, Sean & Donna Arnold, 7 Cherrywood Circle, $585,000.00

Gaurav Jetly & Pushp Gandha, Deepak Kumar, 8 Atlantic Avenue Unit 8, $593,000.00

Gaurav Jetly & Pushp Gandha, Sonia Dixit, 8 Atlantic Avenue Unit 8,

Michael Breton, William & Janelle Douglas, 54 Lowell Street, $373,000.00

CA Investments Trust, Evan Glasberg, 30 Crenshawn Lane Unit 11-1, $1,100,000.00

CA Investments Trust, Sylvia Sasso, 30 Crenshawn Lane Unit 11-1,

Roger & Mary Ann Wilmarth, Pratik & Amala Rajani, 10 Nollet Drive, $695,900.00

Madeline Terranova, Richard Benetti, 24 Hearthstone Pl., $800,000.00

Madeline Terranova, Paula Silva, 24 Hearthstone Pl.,

Lynda Mcneil, Rivers Edge Properties LLC, 14 Lucerne Drive, $287,500.00

Brian & Nicole Tisbert, Luis & Maura Santiago, 18 Strawberry Hill Road, $665,000.00

Carumar Realty Trust, James & Beth Dunne, 2 Tobey Lane, $555,000.00

LAWRENCE

Carmen Rodriguez, Jacqueline Leonardo, 238C Water Street Unit 238C, $164,900.00

Marcia & Russell Spates & Tammy Spates Tagliaferri, Jenny Parra, 12 Chelmsford Street, $142,000.00

Rosa Guillen, Jose Nunez, 107-109 Nesmith Street, $365,000.00

Philip Abisalih, Nelson & Patience Fiattor, 374 Ames Street, $305,000.00

AMC Properties LLC, Daher Group Inc., Gale Street, $50,000.00

Francisco Marte, Essex Management & Realty Property Inc., 142-144 Dawes Street, $175,000.00

Shanna Sarbanis, Emmanuel Cabrera, 76 Amherst Street, $195,000.00

Tania Pena, Demetrio Medina-Urena, 18-20 Camden Street, $283,000.00

Marcia Michaud, Eric Charles Fay, 103-105 Chester Street, $300,000.00

Annette G. Cote Family Nominee Realty Trust, Maxwell Trejo, 12 Lafayette Avenue, $35,000.00

Linda Freilich, James & Kyrie Rivera, 94 Weare Street, $225,500.00

Eileen Greenwood, Arthur Broadhurst, 7577 Osgood Street, $90,000.00

Charles Hope Co. LLP, Sirron Development LLC, 19 Norris Street, $107,500.00

William Langdell, Ram Gupta, 2 Mason Street Unit 2, $135,000.00

Richard Duffy & Kathleen Smith, Jose Guzman, 244 Mount Vernon Street Unit 6, $94,900.00

Taylor Bean & Whitaker Reo LLC, Roberto & Freddy Terrero, 111 Coolidge Street, $290,000.00

Marie Croteau, Jorge Rodriguez, 117-119 Bowdoin Street, $295,000.00

Erik Butryn & Anne White, Johnny Castillo, 19 Salem Street, $157,797.00

Jose Rosario, Emmanuel Javier, 19 Bellevue Street Unit 6, $155,000.00

Chenelle Realty Trust, Luis Ortiz Lima, 30 Walnut Street, $260,000.00

HSBC Bank USA NA TR, Francisco Horton, 37 Dartmouth Street, $313,799.00

Bread & Roses Housing Inc, Rosanna Lara, 21 Josephine Avenue, $100,000.00

Bread & Roses Housing Inc, Beannette Damiron, 23 Josephine Avenue, $100,000.00

Kelvin Salazar, Maria Sanchez, 30 Rhine Street, $360,000.00

318 Andover Street LLC, JMG Andover Street LLC, 318 Andover Street, $70,000.00

Rene Aracena, Thuy Loc Vu, 73 Fern Street, $125,000.00

Alejandro Sanchez, Feliz Antonio Mejia, 799-801 Essex Street, $358,000.00

Alejandro Sanchez, Elizabeth Valentin, 799-801 Essex Street,

68 Kendall Realty Trust, Guillermo Rodriguez, 68-70 Kendall Street, $330,000.00

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Property Sales, Foreclosures for JANUARY, 2017 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo (All properties are listed in order; seller, buyer, address, and price.)

CONT. FROM PAGE 25

Lindorfo & Cristina Silva, Yokatia Rodriguez, 16-18 Willow Street, $329,900.00

Diverse Real Estate LLC, Julian Perez, 8-10 Mason Street Unit 8, $68,300.00

Taylor Bean & Whitaker Mortgage Corp, Rosaura Alvarado, 38-40 Ames Street, $385,000.00

V I P Development LLC, Alvaro Deleon Barillas, 167 Margin Street, $160,000.00

SMS Twelve Realty Trust, Smart Ventures LLC, 443-447 Andover Street, $875,000.00

Ariel LLC, Arcania Dominguez Peralta, 17 Monmouth Street, $166,000.00

Melissa Martin, Chelsea Fosdick, 6 Cleveland Street, $291,000.00

Melissa Martin, William Kolbe III, 6 Cleveland Street,

Cesarina Silfa, Wanyi Giugnard, 9 Kendrick Street, $298,000.00

Leo & Linda Monfet, Guillermo & Zeneida Bisono, 19 Amherst Street, $289,900.00

N&W LLC, Samuel Rosario, 40 Fairmont Street, $290,000.00

N&W LLC, Yasmira Luna, 40 Fairmont Street,

Reyes Morillo, Railyn Gabin, 87-89 Ferry Street, $410,000.00

AJR Investments LlC, Pablo Marte, 322-324B Prospect Street, $370,000.00

AJR Investments LLC, Mercedes Abreu, 322-324B Prospect Street,

Christopher Kuchar, LLB Constrction Inc, Marble Avenue, $60,000.00

Select Properties LLC, Savorn Ning, 2-2A Sylvester Street, $391,702.00

Select Properties LLC, Kongly Kry, 2-2A Sylvester Street,

Jose Pizarro, Estela & Danis Reyes, 1-7 Lea Street, $275,000.00

Josefina Garciavasquez, Francisco Rosario, 112-114 Phillips Street, $405,000.00

Alberto Gonzalez, William Porres, 92 Salem Street, $240,000.00

Jose Santana, Jhornet Baez Cruz, 19-21 Magnolia Street, $372,000.00

Eude & Glenys Nunez, Jeury Jimenez, 54-56 Bellevue Street, $270,000.00

Kathleen Ludwig & Denis Lebel, Bethsabe Cabrera, 212 Howard Street Unit 2, $150,000.00

Andrea Ricker, Jessica Jollotta, 14 Roberta Lane, $175,000.00

Martha, Doris & Henry Champagne, Richard Munoz, 31 Kingston Street, $235,000.00

Michael & Patricia Diodati, Fernando Garces, 31-33 Bourque Street, $400,000.00

Carlos Cortes, Hugo Cortes, 117 Prospect Street, $230,000.00

R & J Family Realty Trust II, Marc Abou-Ezzi, 260 East Haverhill Street Unit 13, $279,300.00

Victor Aponte, Daniel Hiraldo, 423-425 High Street, $390,000.00

Joseph Nasser, Casa De Oracion De La Iglesia Evangelica Peregrinade Cristo Jesus, 37 Manchester Street, $590,000.00

Carole Rimmer, Keila Biagini, 99 Beacon Street, $323,400.00

Carole Rimmer, Andre Dasilva, 99 Beacon Street,

Joel Nunez, Laura Figueroa, 25 Logan Street Unit 2, $77,000.00

Milagros Santiago, Yukensi & Moris Sosa, 128 Olive Avenue, $240,000.00

Nunez LLC, Greici Mercedes-Medina, 162 Jackson Street, $420,000.00

Nunez LLC, Onessis Romero, 162 Jackson Street,

Ida Rosario & Jony Heredia, Juan & Oraida Gomez, 515 Lowell Street, $280,000.00

Daher Group Inc., Trinity Acquisitions LLC, 80-82 Inman Street, $317,500.00

Prenos & Marie Eliacin, Paola Delacruz, 114 East Pleasant Street, $321,000.00

Wensheng Yao, Elsi & Deyanira Marinez, 2-4 Winslow Pl., $350,000.00

Scott Croteau, Aneudis & Ariel Cepeda, 604-606 Howard Street, $400,000.00

METHUEN

Blue Moon Brothers Investments Inc., Emmanuella Volney, 4 Campbell Street, $309,900.00

Select Properties LLC & Sydney Properties LLC, Alta Vilme, 251 Hampshire Street, $350,000.00

JRLLK Properties LLC, Jean Chamoun, 23 Constitution Way Unit 23, $171,750.00

JRLLK Properties LLC, Marlene Aoun, 23 Constitution Way Unit 23,

PD & DM Realty Trust, Phyllis Black, 45 Washington Street Unit S-89, $228,900.00

Sinan Arslanian, Danbury Ventures LLC, 50 Danbury Drive Unit 18, $112,000.00

Jacqueline & William Fallon, Matthew Terrio, 22 Falcon Street, $300,100.00

Summers Crossing LLC, Kevin Long, 10 Ferry Road Unit 5, $373,000.00

John Sunderland, Saint Christopher Property LLC, 20-22 Ashland Avenue, $200,000.00

Rita Morbo, Edward Carbonello, Julie Seitz & Aida Cardran, Yolanda Rodriguez, 36-38 Maplewood Avenue, $380,000.00

Rita Morbo, Edward Carbonello, Julie Seitz & Aida Cardran, Yamilet Peralta, 36-38 Maplewood Avenue,

Susan & Leon Grisebel, Olga & Ralph Perez, 13 Grove Street Unit 1, $296,000.00

Hai Nguyen, Alison Krusell, 18 Erhardt Terrace, $345,000.00

Toll MA IV LLC, Thomas Tormey, 5 Sierra Court Unit 13, $755,416.00

292 Broadway Realty Trust, Donald Campbell, 293 Broadway, $575,000.00

Toll MA IV LLC, Doreane Mcfarland, 19 Pine Tree Drive Unit 100, $576,350.00

Arthur Richter, Yahaira Hernandez, 24A Adelaide Avenue Unit 24A, $173,000.00

Kimberly Loesch, Michael Cappello, 23 Hampshire Road Unit 31, $235,000.00

Toll MA IV LLC, Wingard Living Trust, 46 Pine Tree Drive Unit 37, $540,840.00

Oregon Trust, Dimitrios & Ioanna Drizos, 40 Howe Street, $269,900.00

Maureen Jean Kolifrath Supplemental Needs Trust, Kelly Ramirez, 6 Parker Court, $145,000.00

Carl & Mona Leclerc, David Felton, 6 Myrtle Street, $500,000.00

Barbara Gangi, Naldy Gonzalez, 4 Houston Avenue, $299,000.00

Higginbottom Family Trust, Juan & Amanda Correa, 7 Woodburn Drive, $325,000.00

Z C Kobrzynski Realty Trust, Ronny Sanchez-Lopez, 2 Carroll Street, $375,000.00

Lynn Cuomo & Joseph Murach, Antonia Santiago, 59-61 Oakland Avenue, $314,000.00

Lynn Cuomo & Joseph Murach, Anyero Rosa Canela, 59-61 Oakland Avenue,

34 Meriline Avenue Realty Trust, Lachman Padarat, 34 Meriline Avenue, $270,000.00

Cardwell Family Realty Trust, Darren Censullo, 3-5 Cypress Avenue, $433,000.00

Jesus & Olga Cabrera, Empire LLC, 46 Oneida Street, $196,000.00

Claude & Meredith Vernatter, Aline Lima, 6 Milk Avenue, $298,000.00

Shawn & Tara Latulippe, Edson Rodriguez, 8-A Clayton Avenue, $375,000.00

Michalina Soborski Revocable Trust, Adam Vernatter, 6 Milk Avenue, $291,000.00

Wilmington Savings Fund Society, Jenmar Property LC, 44 Kenwood Road, $155,121.00

Michael & Carrie Fatalo, Hai Nguyen, 63 Cornelie Road, $395,000.00

Michael & Carrie Fatalo, Thao Tran, 63 Cornelie Road,

Keating One Family Trust, Joseph Difrancesco, 6 Coachman Lane, $320,000.00

Michelle Landry & Anne White, James Khoury, 34 Clementi Lane, $300,000.00

Denuzzio Real Estate Trust, Robert & Ann Burns, 46 Ashford street Unit 7, $145,000.00

David & Pamela Vachon & Susan Bauchman, Bianni Acevedo, 11-13 Stevens Street, $385,000.00

Neal Realty Trust, David P True Declaration of Trust, 13 Castle Stone Drive Unit 33, $545,000.00

Toll MA IV LLC, Warren & Marianne Russell, 31 Pine Tree Drive Unit 94, $565,968.00

Mason Russell & Susanne Nadeau, John & Tammy Flaherty, 15 Sherwood Drive Unit 132, $540,000.00

Toll MA IV LLC, Manjit & Tejeet Banwait, 12 Pine Tree Drive, $819,661.00

US Bank Trust, N A TR, Sunrise 7682 Realty Trust, $213,000.00

Paul Fiorentini, Sheree Ramierz, 11 Apple Blossom Way, $530,000.00

Deborah Deloto, Laura & Patrick Hallihan, 945 Riverside Drive Unit 6C,

CONTINUED NEXT PAGE

Property Sales, Foreclosures for JANUARY, 2017 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo (All properties are listed in order; seller, buyer, address, and price.)

$171,000.00

Bank of New York Mellon Tr, Richard Lepine, 20 Penobscott Circle Unit 1, $175,000.00

Toll MA IV LLC, Vicki Jacobs, 58 Pine Tree Drive Unit 136, $572,105.00

50 Hill Street Realty Trust, Elison Anziani, 50 Hill Street, $435,000.00

Najla Maroun, Sol Vargas, 9 Booth Road, $280,000.00

Linda Lacasse, Joesph & Denise Wellington, 36 Meetinghouse Road, $440,000.00

Peter Foley, Nicholas & Amanda Smith, 27 Sycamore Road, $402,500.00

NORTH ANDOVER

S & L Homes LLC, Prem K. Singh, 602 Boxford Street, $686,000.00

Meadow Lane Realty Trust, Caitlin Enright, 49 Meadow Lane, $334,900.00

Ian & Cynthia Hastings, Bilal Chbib, 27 Andrew Circle, $247,000.00

Todd & Debra Gibbs, Shawn & Tara Noyes, 405 Boxford Street, $484,900.00

Peter & Kathleen Casey, John & Caitlyn McCabe, 151 Carlton Lane, $619,900.00

Domenic & Paula Kalil, Keith Griesbaum, 103 Lancaster Road, $780,000.00

Domenic & Paula Kalil, Kristen Bowers, 103 Lancaster Road,

Gail Wilkes Living Trust, Robert & Heather Pfordresher, 29 Rock Road, $402,500.00

Violet Kondrat & Debra Bean, Patrick Gleason, 52-54 May Street, $350,000.00

Maryellen Beasley, Mario Cianfrocca, 6 Walker Road Unit 6-1, $149,900.00

Michael & Candice Porfido, Laureen Gibeau-Shakir & Nuri Shakir, 21 Concord Street Unit 1, $330,000.00

Marie & Anna Maria Busby, Winslow Drive Realty Group LLC, , $275,000.00

Virginia E Dyer Irrevocable Trust, Kevin Gearin, 41 Appleton Street, $420,000.00

Virginia E Dyer Irrevocable Trust, Mark Mank, 41 Appleton Street,

Mary Fugere, Paul Pollano, 202 Marbleridge Road, $475,000.00

Lyndon & Sandra Holmes, Zachary Ungvarsky, 79 Boxford Street, $426,000.00

Rodney & Nancy Kurtz, Gina & Kevin Kenney, 53 Bear Hill Road, $603,060.00

Kevin & Tara O'Keefe, Brett Belcastro, 1454 Salem Street, $579,000.00

Tara Haas & Jonathan Mandell, Prasanna Rajiv Subramanian, 131 Sandra Lane, $635,000.00

Gasi Realty LLC, Joseph & Michele Gasper, 72 Harold Street, $405,000.00

Gabe & Nisha Gillis, Joyce Mbaka, 2202 Juniper Circle Unit 2202, $184,000.00

Messina Development Co Inc, Jennifer Morris, 38 Wellington Way, $730,000.00

Messina Development Co Inc, James Scarpone, 38 Wellington Way,

Thomas Kaufmann, Mark Gifford, 14 Millpond, $278,500.00

Wells Fargo Bank NA TR, Tina Messina, 63 Mifflin Drive, $325,000.00

Teresa Swimm, Hemal & Pooja Patel, 39 Hepatica Drive Unit 28, $597,000.00

Robert J. Burke Trust, GF LLC, Cotuit Street, $245,000.00

Paul A. Hudson, Brett Urquhart, 25 Fernview Avenue Unit 12, $132,600.00

Meredith & Jay Deeley, James & Kate Cribbins, 1 Harvest Drive Unit 304, $295,000.00

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